

USA GYMNASTICS

Official Magazine of the United States Gymnastics Federation

MARCH/APRIL 1984 \$2.00

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Mitch Gaylord Interview



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USA GYMNASTICS

Official Program of the United States Gymnastics Federation

March/April 1984

VOL. 13, NO. 2

COVER STORY.....

The Journey to LA '84 features two big USGF events. The first is on the west coast in San Francisco, the American Classic. Then it's over to the east coast and the McDonald's American Cup in New York City. P. 21-28



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USGF photos © 1984 Dave Black



Official Film of
the Los Angeles
1984 Olympics



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USA Gymnastics

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Can YOU Afford To Be Without THESE???



(Safety Poster 1)



(Safety Poster 2)

***The USGF has Issued
the Second in a Series of
Safety and Instructional
Posters***

***Dr. Gerald George,
Educational Research Editor Says...***

"On behalf of the United States Gymnastics Federation, I strongly urge all of you to further enrich the safety environment of your gymnastic programs by posting a series of these official safety guidelines in your facilities. Always remember that safety is a fundamental cornerstone to gymnastics success."

USGF EDITORIAL

IS There Any Gold Left In California?

There are specific dates during the year that call us all to action. As December 25th approaches, Christmas shoppers scurry to finish their last minute obligations. When April 15th is upon us, we sharpen our pencils to get our tax returns in on time.

Every four years brings another date of concern to many of us, the start of the Olympic Games. The difference is that the last minute hustle will not allow us the time to beat this deadline!

During the past few months, the USGF office has been receiving many calls from concerned coaches, judges and enthusiasts. The calls ask questions about the Olympic Games. After the Winter Olympics in Sarajevo, the Los Angeles summer games has become much more of a reality. The fact is the Olympic Games are upon us and we are now asking ourselves some very important questions. How will we (USA) do? Have we prepared properly? And What can we do in the next four months?

The answers to these questions may be answered differently by different people. However, a few basic assumptions can be made.

First, The dice is cast. No matter what happens in the next four months, it will not have a significant effect on our potential performance. It is most important now that all our athletes are healthy and ready to compete. It will be difficult if not impossible, to make any significant changes in our scoring potential.

Second, How we do will depend on a number of variables. Our best results will be achieved through clean and consistent performances. If our teams just do their best, we will be afforded and achieve our best results. New tricks, more difficulty or political considerations need to be omitted from the plans. Either there is not enough time, or we would be relying on factors we cannot control.

The most difficult question to discuss is how well we have prepared. Perhaps a better question would be, Do we have a system that allows us to prepare properly?

The Soviet Union and China do not win by possessing superior skill, talent or determination. They win by design. So now the question becomes, is our system and program designed to win Olympic medals?

We have numerous opportunities to win Olympic medals. If our athletes win Olympic medals, it will be in spite of the system, rather than because of it.

Our program of amateur sports in America is grossly displayed to the world as one of a very few that has retained the intensity and scope of purity and fairness. That, of course, does not necessarily mean it is the most successful. Oftentimes the ends are not achieved because of the sacrifices made on the way to keep within the guidelines of the system design. If your goal is the Olympic gold medal, you cannot make any concessions that would compromise your quest. Our programs are compromised daily, due to budget and financial constraints, rules of other organizations

that affect related programs, lack of well defined goals and objectives, lack of unified support, and personal conflicts of individuals or groups.

Actually, it's not anyone's fault in particular. Rather, it is our entire system that is at fault. We are not even allowed the very same advantages given to Eastern block nations at the Olympic Games due to our own system's design. If we are beaten on the floor by superior talent, better preparation, or harder work, athletes and coaches can understand and accept that. If we are beaten due to lower scores on computers without a piano player, or lack of support personnel due to limitations of credentials, this is unacceptable? Yes, these are issues that we are facing even now, four months before the Olympics.

So, on to the Olympics, many of us with mixed emotions. The time is now one of the future. Let us now have any doubts or questions in 1988. We want to be able to say, we have prepared the best way possible, we have provided our athletes the way to reach their potential, and now we are ready!

For the United States Gymnastics Federation,
Mike Jacki
Executive Director

1984 USGF Rhythmic Gymnastics National Compulsory Clinic May 7 & 8, 1984

Site: The Southeastern Academy of
Fitness, Inc.

Highway 301 North Orangeburg, South
(803) 536-4712 Carolina 29115

Registration Fee: \$100.00 postmarked by
April 15

\$115.00 postmarked after April 15

All participants must be registered USGF

members. USGF registered athlete-participation fee \$50.00
Musta checks payable to the USGF

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Davidevich

Rope: Neen Hillen

Hoop: Alla Svirnyy

Ball: Monika Heilbert

Clubs: Candace Pembert

Ribbon: Maria Balout

Group Routines:

Ball: Anna Is Haymet

Hoop: Maria Balout, Anna Is

Haymet

More Announcements

coming in Gymnastics

in 5, John G. Gossman Jr.

Gymnastics, 95-PM 15

Member USGF? go get your 1984

Gymnastics Semantics

THE KEY WORDS THAT DEAL WITH THE REAL ISSUES

By Mike Botkin
USA Gymnastics Editor

When you speak about "key" words in a non-profit sports organization, the word "money" is always at the top of the list. Money, that substance that keeps the ideals and hopes of millions of amateur athletes alive. But right below "participation" stands, because without it, no money would be necessary.

Since Mike Jacki assumed the duties as Executive Director of the United States Gymnastic Federation (USGF), he has been injecting the words participation, education and development onto the consciousness of the gymnastics community. "By the year 1988 we, the USGF, are shooting for one million registered participants in the sport of gymnastics," he said.

With the help of its sponsors and suppliers, McDonald's, Anheuser-Busch, Neiderhiser, Reebok, Fuji and Vidal Sassoon, the USGF has steadily been spreading the word about gymnastics in America. Jacki has seized the opportunities created by the sponsors to begin a reeducation of the public about the sport. In order to reach the 1988 goal, Jacki feels the base of gymnastics must be widened. "By widening the base, the crests will naturally rise to the top. The better gymnasts we have to choose for our National Team, the more success we are going to generate."

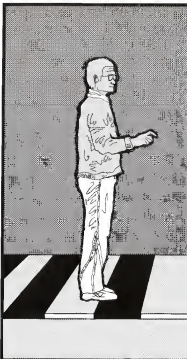
Another factor in widening the base is to regenerate success at the grass roots level. "In Europe, gymnastics is the base of all sports," said Jacki. "We need to get the American public thinking along this manner."

The USGF is taking positive steps towards educating the public. As of this date, the Federation is scheduling Business Opportunity and Management seminars across the country to aid the club level gymnastics owner to take advantage of money making opportunities and improving managerial skills.

Another big step in the development of the grass-roots programs is a Safety Certification and Coaches Certification Program that is now being worked on by the national office and Dr. Gerald George, the USGF's Safety and Education Advisor. "The USGF is in the process of putting together a safety manual that is slated to be done in the fall of 1984. These safety manuals will be on sale in the Spring of 1985 for anyone," stated George.

Currently the USGSA, located in Washington, D.C., is certifying coaches on a regular basis with their book. According to George, the USGF is mandated by Congress to provide such a service. "As of 1985, the USGF will have the official book. We will continue using their people, which are really USGF members, to do the testing and we will recognize their certifications until they expire in 1985. At that time everyone will have to go through the USGF office," said George.

George also pointed out that the major equipment companies are 100 percent behind both the Safety Certification and Coaches Certification programs. "They are playing an active role in the writing and financing of the safety manual," stated George.



Another area in the development of the sport that the USGF is pursuing is through developmental funds through the United States Olympic Committee (USOC). The Federation has filled out notes of forms to procure funds for the formation of developmental programs. For the efforts the USGF has received \$18,500 for rhythmic gymnastics for 1984, and \$39,500 for both men's and women's artistic gymnastics programs.

But there is another word that has been eating away at Jacki's good "Competitive." A word that is synonymous with athletes is also a hindrance. According to Jacki, gymnastics is competing against a variety of outside factors that are as

familiar to us as designer jeans, video games, steroids and cars.

Because of the dedication, drive and commitment it takes to become a top gymnast, students are becoming reluctant to put in the time needed. This is where Jacki's education of the public comes into light once again.

Gymnastics is not merely competing, that's just the part that gets the most exposure. Gymnastics is good exercise. It teaches coordination, balance, endurance, agility, hand-eye coordination and flexibility to name just a few of the positive aspects about the sport. Therefore, with a good foundation of gymnastics, they will lead the athletes into a lifetime of healthy activity and fitness. This is the reason Jacki feels gymnastics should be included on the grass roots level in physical fitness. This, in turn, would lead to a stronger gymnastics participation in the upper levels, be they high school or club.

Using the state of Indiana as an example, the high school men's programs have been struggling to stay afloat. In fact, there is but one such men's program that is still left, which is at Columbus North under the direction of John Hinder. Hinder's gymnastics squads have ranked up an impressive amount of state money, titles, etc., which proves there has been interest in his school's program. Many of Hinder's gymnasts have received full-ride scholarships to universities; proving there is also an education to be received for hard work in the gym.

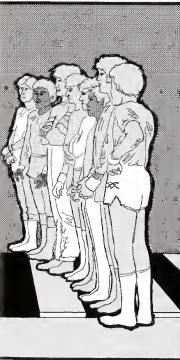
Jacki is addressing the cries of both the high schools and the private club owners as one, getting back to the main words "participation" and "education."

One such gymnast to come from Hinder's program was Brent Simonsen, a four-year National Team member, a seven-time NCAA All American at Iowa State, a member of the 1970 and '74 World Championship teams and the 1971 and '73 Pan American team. Simonsen now owns and operates a private club in his hometown of Columbus and also serves as an athlete representative on the USGF Board of Directors.

In Simonsen's opinion, the salvation of the boy's program is through the club level. "That is where the small beginning gymnast can get qualified coaching on better equipment. Some of the top gymnasts coming onto the USGF National Team are coming from the club programs," he said.

In contrast, Dave Mickelson, head gymnastics coach at Iowa State University, feels the high schools provide the gymnasts with something that is very important to him when he goes on the recruiting road. "The kids may be getting better coaching on better equipment in the clubs, but one advantage to the high school is they have more of a competitive schedule. Their schedule is more like a collegiate one, where they compete every week, so they have more competitive experience," said Mickelson.

Jacki is addressing the cries of both the high schools and the private club owners as one, getting back to the main words "participation" and "education." Through participation and education the sport will continue to grow. Through the growth, public awareness will result. "We are hoping the Olympic Games in Los Angeles this summer will provide a catalyst propelling gymnastics throughout the land. With a new awareness in physical education, a will enhance interest in all walks of life, which is really a key issue right now," said Jacki.



NATIONAL OFFICE NEWS

Congress '84 Update September Meeting A Gold Medal Event

The 1984 USGF Congress will host the best gymnastics in the world. In planning this year's program, the USGF is featuring some new activities to add interest and make your attendance to attend worth every cent you spend!

USGF Introduces New Headquarters

This year's Congress will be a unique event indeed. All who attend will have the opportunity to see the new Executive Offices in the Hoosier Dome and share the Hoosier Hospitality that helped bring the USGF to Indy.

Congress Tradition

Traditionally, Congress is the one time a year when coaches, judges and gymnast athletes from all over the U.S. gather to exchange ideas and information in a concentrated atmosphere of meetings. 1984 Congress will not disappoint you.

Holding our meetings in the new Indiana Hoosier Dome and Convention Center complex will allow new flexibility in scheduling and open additional opportunities for attendees to gather new tools of the trade. In addition to association and organizational meetings, the program will include feature demonstrations in the exhibit hall—large enough for more than adequate seating, exhibit space and equipment. Feature demonstrations will range from development to innovative coaching techniques, including mass instruction and choreography—intense to challenge beginner to elite coaches and judges.

A New Twist

The 1984 Olympic Games in Los Angeles will set the stage for a new era of growth and development for gymnastics in the U.S. To allow a large cross-section of the gymnastics community to experience and learn from our Olympic Champions first hand, the USGF and McDonald's are sponsoring a Tour of Champions, with stops in bothneapolis during Congress (Friday evening, September 21, 7:30 pm) and The "Tour" will feature national and international Olympic Game medalists, along with the day's best—gymnastics performances included in the Congress Registration, if received before September 1, 1984 will be a guaranteed ticket to the "Tour".

This will be a gold medal opportunity for all.

Think Your Money? For \$1,000.00 Cash Prize, You May Want To Be!

There is a lot of talent in your gymnastics community—just waiting to be recognized. We want to give that talent a push! Indeed, All leading clubs, the USGF Congress will sponsor an amateur talent contest, the winner receiving \$1,000.00 cash prize. All entries must follow the guidelines outlined on pages 35-36. The winning entry will be determined by audience response.

Okay, attention all you able-bodied, spirited, self-motivated, entry gymnastics enthusiasts, start getting those creative juices pumping, pull those muscles out of storage, use those entry commissions, and shape up that stage posture. \$1,000.00 is yours! Great! Contest entries must be submitted by June 15, 1984 and the top 10 entries will be asked to perform for the grand prize. Contest entries must be registered for Congress.

Mark Your Calendar Now, September 20-21, 1984, Indianapolis, IN, it will be an event you will not want to miss!

IN MEMORY, GARY MORAVA 1953-1974



**"CHERISH THE
MEMORIES OF
YESTERDAY.
SAVOR THE
JOYS OF TODAY,
AND NURTURE THE
PROMISES OF
TOMORROW."**

Wanted: Good Quotes

For *Then Coach Said...*, a collection of coaches' sayings I am editing, I would appreciate hearing from everybody willing to share their thoughts. The book will be made up of short quotations of the inspirational, funny, touching, colorful, profound, or just plain odd things coaches say to teach or motivate their athletes (for example: "Today a good person, tomorrow a better person," or "You are always right, but I'm never wrong").

What's said is more important than who said

it, but I would like to be able to credit each quotation to the coach who created it. If you can't, please don't hesitate to credit yourself. If possible, I would also appreciate receiving information on the circumstances (time, event, etc.) in which it was said. All contributors will be acknowledged in the book.

J. Terry
RFD 1, Box 447
Clio Street
Norwich, VT 06055

Attention Coaches!!!

The USGF is accepting applications for National Coach for the 1983-1988 seasons—for

*Men's Gymnastics
Women's Gymnastics
Rhythmic Gymnastics*

A letter of intent and complete resume should be sent to:
Mike Jacki, USGF Executive Director
181 West Washington Street
Merchandise Plaza, Suite 1144-E
Indianapolis, Indiana 46204

A complete job description and other details will be supplied to approved candidates.

Looking Towards Olympic Dream

McNamara Training With Karolyi

Indianapolis, Ind. — Olympic 2-time star McNamara has moved to Houston, Texas to train with Coach Bela Karolyi after winning at the Southeastern Collegiate Acro Team (SCATS) for a year and a half.

This highly talented gymnast has proved her excellent skills year after year. Last Fall, McNamara placed first at the World

Championship Team Trials. At the 1983 World Championships in Budapest, Hungary her overall performance was hampered by illness. This year's 18-year-old continues to hold the title for being the highest woman's all-around finisher for the U.S. at either an Olympic Games or World Championship for her seventh place tie in the 1983 World Championships.

"I wanted to go into a new environment where I could best prepare for the Olympics," said McNamara on her move. She also explained that she is not looking back — only moving forward.

Concerning the Olympics, she said, "I started out on competing in 1980 (due to the 1980 U.S. boycott of the Olympic Games) and luckily at the time I was young enough to try again and I really want to make the team and compete for the United States."

"To participate in the Olympics," according to Coach Karolyi, "is her life-time dream and we are positively going to give her the right preparation. She is very excited about the Olympics."

Also training with Karolyi is a powerful young gymnast, Mary Lou Retton, 16, of Farmington, W. Va. Retton holds the title of being the first American to win the all-around at the prestigious Churnin Cup in Japan.

"I think Mary Lou and I will work well together. Mary Lou is very athletic and I am more artistic, I think we will help each other," said McNamara. "It is a good combination."

"Mary Lou and I believe are going to form a powerful team pushing each other further and further which will be a great asset to them," said their enthusiastic coach.

Karolyi's talents as a coach are evident. While serving as the Romanian National Team Coach for 12 years his gymnasts won a total of 14 Olympic medals. When Nadia Comaneci scored the first perfect 10 in Olympic history in 1976, he was her coach.

McNamara and Retton will both compete for the U.S. at the prestigious McDonald's American Cup at Madison Square Garden in New York City, N.Y. on March 15-16. McNamara won the Cup in 1981 and in 1982 she shared the title with Bulgaria's Zvezdana Stamenova. Retton is the current champion and will defend her title against top national and international gymnasts.

Durham Switches Club, Coach

Indianapolis, Ind. — National Champion Duane Durham has moved to Fort Worth, Texas to train with Coach Scott Croome at the Texas Academy of Gymnastics and Dance.

Before joining Croome and his program, she had spent nearly two years in Houston, Texas training with Bela Karolyi. He is best known for coaching Romanian gymnast Nadia Comaneci during her rise to athletic stardom.

Durham 15, of Gary, Ind., explained why she decided to make this move. "I was aware that my focus had been diverted and it was necessary for me to change my location and to devote all of my energies into preparing for the Olympics."

Her new coach, Scott Croome said, "I am very pleased that Duane has chosen our facilities here in Fort Worth. I believe that we can provide her the opportunity to continue her rise as a champion gymnast." He also stated that Durham will find assistance with the other athletes such as Lisa Wittem, also a United States Gymnastics Federation National Team member. "Their strengths will complement each other's weaknesses," expressed Croome.

In the past year Durham's national and international showings have been impressive. Her studies include being the all-around at the 1983 McDonald's International Invitational, capturing four national titles in the all-around, vault, uneven bars and floor exercises and last December she finished in third place at the prestigious Churnin Cup in Japan.

Training an average of five hours daily, Durham is currently preparing herself for the next major international event to be held in the U.S., the McDonald's American Cup. The competition will be held March 15-16, 1984 at New York City's Madison Square Garden.

USGF Coaches Rate Officials For Elite Competitions

By Heidi Christofide, NWPG

The National Women's Program Committee had a survey to all coaches of gymnasts qualified to the American and U.S. Classic events. This evaluation was to find a stamp by the NWPG to give coaches the opportunity to express their views for judges at the Elite Level.

A list of names, FIG National and Elite A judges were provided and the coaches were asked to list 10 judges as their first choice to judge Elite National Competitions. 34 coaches were polled and 23 responded giving a 67% return.

I would like to thank all the coaches who gave input into this survey. It will give some evaluation of officials along with evaluations from the Certification Committee and the NWPG to judge officials.

The first 10 choices listed here alphabetically by name:

Auchincloss, Joanne	Gross, Cheryl
Chenault, Linda	Phaupais, Joanne
Cross, Marilyn	Schreyer, Audrey
Dunst, Debra	Valley, Sharon
Fox, Jackie	Waters, Sharon

**More News
on Page 12**

Attention:

The USGF is accepting applications for Director of Education and Safety.

A full time office position with major responsibilities in the areas of program development, safety programs, creation of educational and research materials, coaches registration as well as Teaching and safety certification. Salary commensurate with experience.

All interested applicants should write to:

Mike Jack, USGF Executive Director
101 West Washington Street
Merchants Plaza, Suite 1144 E
Indianapolis, Indiana 46204

USGF Events Updated

By Cheryl Grace
Director of Special Events

The McDonald's American Cup held March 17, 18 in New York began the international calendar of events mandated by the USGF Office. Nations countries with 42 athletes participated in what was a preview of Olympic Medal contenders. Following this event, National Team Members participated in team competition against the People's Republic of China, April 3-5 in Honolulu, Hawaii. This dual match featured optional team competition with the best field of athletes ever assembled by these two countries. National trips to foreign countries will provide further international experience and exposure necessary to secure success at the 1984 Olympic Games.

Rhythmic Championships of the USA, April 6-8 in Guangzhou, S.C. and Artistic Championships of the USA for men and women, May 11-13 in Chicago, Ill., will select our new national team members and provide the first-round in the selection process for the Olympic team. Because of the talented depth of our gymnasts, this would be the first National Championships every held. Gymnastics clubs are encouraged to attend this competition and support our national team efforts.

The 1984 Olympic Trials for Artistic Men and Women will be held June 1-3 in Jacksonville, Fl. Demand for tickets has already been overwhelming, so all interested spectators should immediately contact Jeffina Burns, Jacksonville Organizing Committee, 431 N. Market, Jacksonville, Fl. 32202.

The Rhythmic Olympic Trials will be held June 15-17 in Atlantic City, New Jersey, where eight gymnasts will vie for four positions on the Olympic Team. This should be an exciting event, as Rhythmic Gymnastics will make its debut at the 1984 Olympic Games.

If not, you are interested in volunteering your services to be a part of the USGF Organizing Committee conducting USGF National events, they also list sport qualifications and resumes to the USGF Events Department. We'll use as many volunteers as possible, and we intend to develop regional units that can assist in the organization of events they come to your area. Those parties interested in holding an event, should send their proposals to Cheryl Grace, Director of Special Events at the USGF office, regarding the 1984-85 schedule of events and opportunities. See the USGF Event Calendar in this magazine issue.

Dual Meet In Hawaii

Indianapolis, Ind. — The best gymnasts from the U.S. faced fierce competition when top contenders from the People's Republic of China (PRC) and the U.S. met in the most highly contested dual competition of the year. COMPETITION, McDonald's International

Gymnastics Classic
LOCATION: Honolulu, Hawaii
DATE: April 3-5, 1984
SITE: Neal Marshall Arena

The U.S. men's delegation consisted of the best the U.S. has to offer. America's top all-around freestyle at the 1983 World Championships, 22-year-old Mitch Gaylord of Van Nuys, Calif., will challenge the Chinese with a top in mixed martial gymnastics. Starting the spotlight with Gaylord will be UCLA transfer Tim Duggan, 26, of W. Springfield, Mass., and recently graduated Peter Vidmar, 23, of Los Angeles, Calif. Coaches Art Sharlock (Ind.) and Mike Sakamoto (assisted) share the coaching responsibilities at UCLA. James Harman, 20, of Omaha, Neb., Phil Calvey, 22, of Omaha, Neb., and Scott Johnson, 22, of Colorado Springs, Colo. are all currently training with coach Francis Allen at the University of Nebraska. All three are graduate students. Also on the roster is Brian Schubert, 25, of Garden City, Kan., who trains with Coach Bill Meade at Southern Illinois University.

Forming the U.S. women's team will be the best standards at 1983 National Champion Denise Darman, 15, of Gary, Ind.; Japanese Olympians 18, of San Ramon, Calif.; Mary Lou Retton, 18, of Farmington, W. Va.; Michelle Bazzore, 15, of Garden Grove, Calif.; Trainee Valerova, 17, of Walnut Creek, Calif.; Lucy

Wear, 16, of Memphis, Tenn.; and Tracy Butler, 16, of Washington, Ohio. Darman trains with Scott Grayson at the Texas Academy of Gymnastics in Fort Worth. In Houston, Retton and McNett work with Coach Bob Kennedy. Training with the 1984 Women's Gymnastics Olympic Coach, Oleg Petren, at SCATS in Huntington Beach, Calif. are Johnson, Bazzore and Wear. Butler is coached by Bill and Doran Wilson at the Parkettes in Allentown, Pa. Coach Mike Lynch trains Valerova in Walnut Creek, Calif. at Golden Gate Gymnastics.

Leading the Chinese men's team will be the 1983 World Champions on the floor exercise and parallel bars Tong Po and Lou Yun. Tong Po, 23, was the gold medalist on the floor exercise and teammate Lou Yun, 19, tied for first on the parallel bars and also tied for the bronze medal in the all-around competition at the World Championships held last fall in Budapest, Hungary. Also in Beijing, 21, tied for second in the pommel horse event at the World Championships. One other member of the 1983 World Championships gold medal winning Chinese team competing in the dual meet is 16-year-old Xu Zhiqiang. Zou Lina, 23, Song Wen, 21, and Xu Wending, 22, will also be members of the team.

The Chinese women's team finished 10th at the 1983 World Championships two places ahead of the U.S. women's team. Competing in the dual meet will be five members of the Women's Chinese World Championships Team: Tian Mei, 16, of Yancheng, 20 Wu Jue, 13, Chen Yuyang, 21, Yang Yank, 17, and Wang Xueyan, 15. Two up and coming gymnasts Zhou Fang, 22, and Ming Guoan, 16, will also compete.

The USGF Events Department is looking for Announcers, as well as gymnastics competition computer scoring systems.

The USGF wishes to develop on a regional/national scale, competition staffs that can be secured to assist USGF sanctioned meets conducted by the National Office.

WANTED!!!

All interested parties should send their complete resume and qualifications to:

Cheryl Grace
Director of Special Events
United States Gymnastics Federation
Merchant's Plaza—Suite 1144E,
Indianapolis, In. 46204



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From Tiny Tots... To Astronauts

By Patsy Carmichael-Gerard

The Institute for the Achievement of Human Potential in Philadelphia, Pennsylvania has studied brain growth and development for 35 years. It is well known that the brain grows at an astonishing rate the first six years of life and then its ability to absorb information slows down dramatically. For example, babies learn to speak their native language without any "teaching." Learning a foreign language after the age of six is extremely difficult.

This understanding has led The Institute to a more sound educational concept: they teach babies to read, do math, learn encyclopedic knowledge, speak foreign languages, play the violin, and do gymnastics. This "Gentle Revolution" began in 1949 with the publication of *How To Teach Your Baby To Read* by Glenn Doman, the Founder and Chairman of the Board of The Institute.

For the past eight years, mothers from all over the world have come to The Better Baby Institute in Philadelphia to learn how to teach their babies to do these things.

I attended this one week course two years ago after the birth of my child. Each of the first three days they stress a different topic. On the fourth day they discuss physical development. They believe that early intellectual growth is directly related to early physical development. They especially stress crawling and crawling for infants. For example, crawling and crawling develop convergence of vision enabling an infant to better perceive his world and to read. After the child can walk and run they promote gymnastics as the next step. They teach that, for children, gymnastics literally grows the brain by developing the vestibular mechanism. The vestibular mechanism is the part of the brain responsible for balance. As a result, coordination and control of the body improves. This development of the vestibular mechanism can then be applied to any physical activity.

Other systems of the brain improve and grow, such as vision, which is closely tied to the vestibular mechanism. The language teach that when one area of the brain grows, so does the capacity of the other areas. They call top flight gymnasts "vestibular geniuses." Unlike most sports, gymnastics develops the ability to know where the body is in space. Being upside down, flipping and twisting help us understand our physical presence in any position and situation.

The National Aeronautics and Space Administration (NASA) has helped the Institute on various research projects, mostly dealing with their brain/learning program. In May of 1983, Dr. Gerry Solfern, Director of Life Sciences came to The Institute to discuss the problem of space

Adaptation Syndrome. He explained that 50 percent of all astronauts become ill on the first 48 hours of their weightlessness space environment. NASA is intensively searching for an answer to this problem. The Institute proposed to Dr. Solfern that perhaps that part of the brain which controls motion has not been sufficiently developed in astronauts. Weightlessness is perhaps not handled well by the astronauts because they have little experience with inverted positions, flipping, and twisting.

Dr. Solfern considered this proposal interesting. He then contacted the Johnson Space Center in Houston, Texas, the home of our astronauts. Dr. George Rice, Director of Life Sciences of Johnson Space Center, invited Douglas Doman, Vice Director of The Institute, Bruce Hagg, Director of the Institute for the Achievement of Physical Excellence, and me to visit their center. There we met Dr. Sam Poole, the astronauts' physician and Dr. Jerry Hornick, Head of Vestibular Research.

We then proceeded with the experiment. Dr. Hornick strapped me into "the chair" and I was blindfolded. He explained that I was to make 10 degree head movements to the front, right, back, left and front at five second intervals.

They hooked us on their latest research regarding space sickness. They then asked if I would participate in a test in their Rotating Chair Facility. I agreed. They presented me with an elaborate chair designed with different forces of sickness and different levels of those forces. Each symptom level was awarded a certain point value, when I would reach four points, the equivalent of the onset of nausea, they would stop the chair. My excitement to participate in this experiment was quickly damped by the apparently well-orchestrated display by a NASA Scientist. They thought that because I was so sensitive to motion I would become ill. The Institutes contended that I would not.

We then proceeded with the experiment. Dr. Hornick strapped me into "the chair" and I was blindfolded. He explained that I was to make 10 degree head movements to the front, right, back, left and front at five second intervals. They started me spinning at 125 revolutions per minute (RPM) to the right, and I performed the head movements as requested. After about five minutes with no symptoms of sickness, they accelerated the chair to 20 RPM. I continued the head movements with no effect. After another five minutes, they sped the chair up to its maximum, 50 RPM. The astronaut call this "moving out" the chair. I actually felt more comfortable at the higher speeds. At this point I began to laugh. I was enjoying myself.

Dr. Hornick was impressed. He then asked me if they could perform one other test. After spinning a total of 20 minutes with no symptoms, they stopped the chair dead. I

was requested to explain what I felt at the moment of the stop. I felt as though the room continued to move to the right about 45 degrees and then it returned to center. I took off the blindfold and the stops and felt absolutely fine. I had no dizziness at all but I did feel as if I had been drinking a car for several hours.

Dr. Horack then explained that about two percent of all tested performed on the chair with as little effect as I had. He said that for those that lasted 15 minutes in the chair when the "dead stop" test was performed, they would have the sensation of the room spinning in the opposite direction for several minutes. I was the only person who had not experienced this sign of disorientation.

NASA continued to be interested in our proposal and on November 9th, 1981, Dr. Rice and Dr. Pool visited The Institutes where Gloria Dennis gave them a tour of the Human Development Course. The course includes somatosensory forward and backward spinning critically and unilaterally and other vestibular training. This course is designed to develop the vestibular mechanism of the brain. Dr. Rice and Dr. Pool suggested that they would be interested in further seeing gymnasts. They requested that a group of 10 gymnasts go to Johnson Space Center to participate in the same test I performed and other more detailed physiological testing. We have sent this proposal to NASA and are waiting for a date to be set.

This has the potential to be a great moment in gymnastics history. If the tests turn out the way we believe they will, activities that develop the vestibular parts of the brain and gymnastics could become a part of astronaut training. Gymnastics would then be understood as an activity that develops brain function as well as a great sport. Such an understanding would open up the great world level gymnastics programs of this country. The younger children begin such activities the better their vestibular mechanism will be and the better their chances of becoming fine gymnasts.

Arthur's Sister Puffy Carmichael-Greene is a former elite level gymnast, collegiate All-American and Big 8 Champion. She is now a professional teacher, Director of Gymnastics for the toddlers for the Achievement of Thomas Hasted and for Centre School of Dance & Gym in Lexington, Texas. She is also a talent gymnastics judge.

She is married to Larry Greene, former 1980 Olympian. Puffy and Larry's twenty-one month old daughter Chance began her vestibular program at birth. Currently Chance does handstands, cartwheels, backbends, rolls, and other sophisticated balance skills on beam and bars. She has also been taking ballet and tap classes and is learning the violin. (Her educational program has included anatomy, chemistry, biology, history, world geography, astronomy, reading, mathematics and Japanese.)

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ATTENTION ALL USA NATIONAL TEAM MEMBERS...PAST AND PRESENT

Did you know that, as a gymnast on the USA National Team, either past or present, you are automatically a member of the USGF Athlete's Association? As a member, you are entitled to receive the first issue of the "USGF Athlete's Association Newsletter."

"USGF Athlete's Association Newsletter"...

What is it?

The Newsletter is a quarterly publication, edited by athletes, published by the USGF office. It will be the most direct means of communication on a regular basis with the athletes on our National team.

This newsletter will be sent to all National team members free of charge during the Olympiad (4 years) in which they are on the National team. It will also be available to past National team members for a nominal fee.

...Why have it?

The main purpose of this newsletter is two-fold. Both the Athlete Representatives to the Board of Directors and the USGF feel that a regular publication is needed to more effectively communicate with those of you who are currently on the National team. Hopefully this will eliminate some of the confusion and misunderstanding that can often arise when information is passed by word of mouth.

Secondly, the current USGF administration is committed to including those of us who are National team members of the past in the excitement and growth of the sport of gymnastics. This newsletter is the first step to locate former team members, to keep you informed and to encourage you to get involved.

Whether past or present, we have experienced the pride associated with representing the United States in International competition. It is our hope that this newsletter will generate that pride...whether it be in those who are currently making history in our sport or in those whose names are already written in the record books.

We are now compiling a mailing list for the Newsletter and for other pertinent Athletes Association mailings. If you have ever been on a USA National Team (Men's Artistic, Women's Artistic or Rhythmic) please send your name, address and year(s) on National Team to Athletics Association/USGF/Merchandise Plaza/Suite 114-02/101 W. Washington St./Indianapolis, IN 46204.

If you know the address of any other National Team member, please include it also. Thank you for your help. We look forward to developing an active, worldwide Athletes Association.

Nancy Thane Marshall,
Chairperson
Diane Parker Rogers
Lydia Rice
Kathy Johnson

Larry Greene
Tim Laffner
Dave Simmons
Gene Whelan

Athletes Association Representatives to the USGF Board of Directors.

A Look At Caesars Palace Invitational

(Right) Mary Lou Retton (left), Terry Foster (center) and Mariette Desrosiers (right) stand atop the awards stand to accept their trophies after the completion of the Caesars Palace Invitational. (USGF photo © 1984 Dave Black)



3



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4

Mary Lou Retton demonstrates why her vaulting technique vault was awarded a perfect 10.0 (USGF photo © 1984 Dave Black)

Casper's Palace Invitational
February 4, 1984

Competition's Name	Vault	Uneven Bars	Balance Beam	Floor Exercise	Total	Place
Tracy Butler	9.25	9.60	9.70	9.65	38.20	2
Michelle Dussone	9.40	9.70	9.75	9.45	38.30	3
Michelle Goodwin	9.20	9.00	9.45	9.65	37.30	7
Kathy Hays	9.45	9.15	9.40	9.35	37.35	6
Kathy Johnson	—	—	9.25	9.70	18.95	9
Jilliana McNamara	9.60	9.10	—	—	18.70	10
Yolande Moray	9.45	9.40	9.45	9.05	37.45	5
Mary Lou Nelson	9.60	9.00	9.45	9.00	36.45	1
Tanya Service	9.45	9.40	9.50	9.65	38.00	8
Theatre Talents	9.60	9.05	9.40	9.60	37.65	4
Cheryl Westermore	9.65	—	—	—	9.65	11

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Mitch Gaylord

Moving Fast To Become A Master of The Game

By Lois Green
USA GYMNASTICS
Staff Writer

Prior to the McDonald's American Cup Finals, I got an opportunity to talk gymnastics with Mitch Gaylord — 1983 Men's Champion of the USA. In the preliminary competition, the day before, Mitch, leading after the 4th exercise, had a major break too high for which dropped him to 4th All Around (behind Li Ning, Jan Hertung and Peter Vidmar). By virtue of the fact that only the top 2 competitors from each country can qualify into finals, Mitch, by .25, did not make the cut for finals.

Mitch started gymnastics when he was 12 years old at a local community college in the California valley area. He began with a trampoline and tumbling class, later adding apparatus work gradually. It was not until he was a senior in high school that he started to get serious about gymnastics competition. Up until then, his main motivation was fun of learning and doing gymnastics.

So the fun aspect is pretty important?

"You have to enjoy it especially when you're younger. Unless you are a very mature kid and know exactly what you want at 8 or 9 years, you have got to have fun doing it."

So you were about a senior when you started getting more serious?

"That is when I first said to myself that I wanted to win the LA City Championship, that was my first big goal, but as far as national competition, that didn't hit me until the summer before I went to college. That's when I decided that I wanted to make National teams and I wanted to get to the top of our program and compete internationally."

How did you learn about National teams, were there people competing then that were like idols of yours?

"Oh yeah, Karl Thomas was pretty much my idol. I saw him on television and everything, but the first time I was exposed to a national competition was that summer before college at the Junior Olympics. I was never on the Junior National Team or anything, like Hertung and a bunch of people that are now on the Senior Team who went through that whole program. I never went through that."

I have mixed feelings about the way the other people that were making the Senior National Team had already been on the Junior National Team and to me it seems that some of them lost their drive to do it or their fringes. And I know, I had so much of that motivation, I wanted to improve myself so bad because I never did express myself as a Junior. I just wanted to be on the Senior National Team, you know skip the Junior thing and go right on. That's what my main goal was as a freshman in college."

You started out at UCLA as a freshman, did you walk on or were you recruited?

"I was on scholarship. I wasn't as heavily recruited as some of the people that had been on the Junior



Mitch Gaylord, 1983 National Team member and senior champion at UCLA last year, along with his teammates, is looking to finish National team ahead of the NCAA title this year. (Photo © 1984 Steve Black)

National Team, but I did get recruited. UCLA was where I wanted to go because I felt that, with those going there and Mark Cass, that it was going to be the start of a really good program and I wanted to be part of it because UCLA was where I wanted to go because I felt that, with Fritz going there and Mark Cass, that it was going to be the start of a really good program, and I wanted to be part of it because UCLA was never on the gymnastics map and that would be really neat if we could put it there."

I don't think you have a problem with that, I think it's happening. I know you have talked about this before, but it seems like in the past two or three years there have been a lot of transitions, a lot of growth that you have gone through, like for instance when you left UCLA and travelled with the Pro Team for a season. Do you want to comment about that, some of the things you learned from the Pro Team or the reasons you felt like you needed to do that?

"I would say that ever since I had the goal in mind to make it to the top of our country and represent the USA in international competition, I wanted to move fast. I didn't want to wait around. I didn't want to just keep going along at the pace I was going, I wanted to move faster. The only way that I felt I could do that was to get out of my present situation at UCLA, get more individual attention and Karl Thomas was the guy. He was great for me. There is just no two ways about it. It really changed my gymnastics and I definitely needed that. I still have that experience in

mind, I didn't come back to UCLA thinking that I would be going back into the same situation, because I wouldn't have come back, the situation has changed. There are alot of people in that gym who want to move real fast and that is why we are all working very good together that the same that I mentioned on the first. Your was really good, it gave me a lot of what I needed to mature as a gymnast and get the confidence I lacked before. A lot of this sport is the mental part, the confidence to go out there and know that you could beat your competition. If you don't have that then you don't stand a chance. Rust helped me to look at it that way."

You talked a lot about goals like when you were a senior your goal was the LA City Championships and when you were a freshman at UCLA your goal was to make the Senior National Team — your goals and setting them must be pretty important to you!

"If you don't have any goals, you don't have the direction, that's the way I look at it. You have to be very directed in this sport, otherwise you don't reach your goals or potential. You just can't be wandering around aimlessly saying 'Oh I'm just trying to get better right now.' you have to have definite goals you want to get to this point by this time, etc., that's what keeps you going in this game."

At coaches congress we heard a really thoughtful, serious, pretty emotional Mimi Gaylord, how important was the Athlete of the Year Award and did it effect that "confidence"?

"That award means a lot to me, it really did because it is one thing to go out into competition and win the medal, that's really your main motivational force, but by having

the athletes vote you as the gymnast of the year that means that you didn't win the competition by the judges, you won it because your gymnastics was good and the athletes really respect it. If we go out into the meet and we just win it and the athletes don't respect what you are doing, it doesn't really mean that much to us. What means a lot to me as an individual, is to have the coaches and the athletes alike acknowledging that that guy is really headed in the right direction, he is throwing the hardest stuff and is really getting it together for 1984. That is what I am looking for."

How important are scores?

"Well, they have to be important, because that is how you win the meet as by the scores, but people do respect good gymnastics, there is no two ways about that. If you are doing something that no one else is doing, they are going to respect it. Sometimes the score does not always reflect that, but it gives you a good feeling to know that you are respected."

We have been seeing a lot of 10.0's and there has been some controversy about was it really perfect or was it just because of the scoring system and because maybe the judging started out high that there was no place left to go.

"In our present scoring system, the judges sometimes back themselves into a corner because the level of difficulty is going right off their scales. Technically mistakes may be 10.0's but the way I look at it, every competition is relative and even if everybody could throw you with full difficulty all the time you still have no difference between the routines. You can't give

(see MASTER OF THE GAME, page 34)

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Retirement Plan Exceeds Hopes

Early last Fall we told you about a deal in the works that would allow us to offer you a much needed service: an outstanding retirement program. It took a lot of time and effort, but we ended up with a retirement benefit far surpassing even our most optimistic hopes. This month we are delighted to present to you the USGF-Legislative Retirement Plan.

In researching our members we found **three** factors that indicated a clear need for just such a program. To begin with many of our members are not currently covered by any type of retirement program whatsoever. Another large group is covered by a very inferior program, one that would leave them on welfare at age 65. The largest group, however, consists of members currently covered by a quality program. But what if that, due to inflation, what they have now will not be adequate upon retirement? Our goal was to set up a program that would meet the needs of all three groups and do it at a cost that every member could afford.

We did just that! The Coach's Retirement Plan has four outstanding features that make it the best plan available today. In essence you will RLP for this program because it offers you Flexibility, Liquidity, Investment and Protection!

Flexibility—You can begin with just \$25 per month and there is never an upper limit to your investment. You can start at any age and change your contribution rate any time your goals change. You can tailor your program to give you exactly what you want as income when retirement comes.

Liquidity—Just by getting this feature in an IRA if you decide at age 58 to open a new gym, you can get your money out of an IRA with some difficulty, but you'll find here to pay taxes on every penny of it. If that's not bad enough then you'll lose a substantial portion of your interest, as well!

If you had your money in the Coach's Retirement Plan, you would be taxed only on the interest and there is never a penalty for early withdrawal.

Besides this program can be used for low interest loans as a

collateral asset for other loans and working capital credit lines.

Investment—Interest on this program accrues on a tax-deferred basis. That means you don't pay a penny in taxes on the interest until you start drawing out the income at retirement time. In fact, the plan can even be designed to avoid taxes indefinitely! It doesn't matter what tax bracket you're in, you'll receive retirement money faster when you don't have to pay taxes on the income generated by your investments and this program is based on current interest rates thus, generating more income.

Protection—Finally, and maybe best of all, the program we have designed for you will provide you with an additional life insurance protection that will actually grow after you retire, protecting all in which you have invested your life and savings.

Flexibility, liquidity, investment, and protection are the main features of our program and four great reasons for you to get involved.

This Is Your Program

We have spent hundreds of hours choosing the right vehicle and adapting it to the needs of our members. When it was finished, all of us involved were shocked and delighted. It turned out to be so much better than any of us had dared to hope. We had a package so terrific, I couldn't pass it up. Though a lot for each and every one of our employees.

How Do You Get Involved?

Hopefully, beginning with the seminar in Atlanta, Georgia, June 18-19, 1984, USGF will have representatives at the various business conventions you need and sign up upon the spot. We will also be contacting members by mail in the coming months.

If you realize, like I do, the unique opportunity this program, you may not want to wait to get started. If so, just drop me a card at USGF headquarters and we'll get back with you immediately.

We at USGF couldn't possibly let this opportunity pass by. Neither can you!



GYMNASTS JOURNEY TO LA '84



China's Li Ning

- 1984 McDONALD'S AMERICAN CUP
- 1984 AMERICAN CLASSIC



Aki Kurogi, 16, performs a new front somersault twist piked to the straight bar from "Space Garden" during 1993 U.S. All-Star finals in Deer Valley.

backward landing of her double back dismount. During turned in a conservative 9.65 for "let on back."

Kato and Johnson both had disappointing falls on bars, scoring a 9.90 and 9.25 respectively. This brought the standings after the 9th event to Roman 29.90, Girona (Romania) 29.85, Johnson 29.65 and McManus 29.60. Then came floor exercise. Kato Johnson performed a pike, split flexion routine, jumping to the spot where she wanted a 10.0. When 9.85 was finished, she was down, hand dismounted from the crowd. Close examination showed that the routine performed lacked necessary beam elements and was judged from a maximum 9.70 lower in the routine. Mary Lee performed her pike, choreographed routine, explosively flawless—performing every note of her new music—resulting in a 10.0 score (a double "With dance, and flexibility," Johnson, by comparison, scoring a 9.90. To repeat Girona from Romania first and took led with a 9.80 and tremendous difficulty.

During Girona's piking routine, her hair was caught in a tugging knee injury, and a recent change in her training facility in Dublin for dance routines and that she had the new facility, even has work in the competition, she would have been voting for that, second spot with McManus and Johnson. There is no doubt that Girona, Johnson, McManus and Roman make an awesome quartet of power, each controlling their own unique strengths on the whole.

In talking with Don Peters, the 1984 Women's Olympic Coach at human effort evaluation in elite preliminary competition in addition to your fingers of this summer, he said, "I think our own depth is going to be very deep. A lot of our own gymnasts are not in their best shape and a number that they are going to be in, but I don't feel that they are really behind I schedule per se."

FINALS

The most scared final in Olympic under on floor exercise, Li Ning led the way, with a solid 9.90, followed by Hong Kong, Viktor and Li Ning's teammate Yang Yueshan. He made a very good start from any of the other 100 points, but Chinese World Champion Li Ning even when he is

holding back, has control and extension that Kurogi can't make this moment in those who were unable to attend the jump (not because this was not a jump, but because of the way). To paraphrase Peter Vidmar and Mark Gindoff, "when Li Ning was, he is unbeatable."

On pommel horse, Li Ning possessed starting and Viktor with a well executed routine and was awarded a 9.95. Viktor brought the crowd in as they with a well executed, very difficult routine and scored a first ever 10.0.

On rings, Li Ning finished second at the 1993 World Championships in this event, performed an interesting and original dismount combination. After Girona, 10th Merit Olympic Coach, described it as "a dismount in a front split position over the top like a German gun through a form above." He finished the routine solid and received 9.80, winning the event, closely followed by Hong Kong 9.65 and Viktor 9.60.

Nothing was a strong event for all competitors with a score range from a 9.65 to 9.95.

During the 10th routine, parallel bars, Li Ning was leading with a score of 9.85 on Viktor's 9.65 and Hong Kong 9.65. Li Ning had a bad break during his bar routine and the crowd dropped him to third place. Viktor and Hong Kong did not stand up with Hong Kong winning the event with a 9.80.

Li Ning on the final routine on high bar showed all with a full double back full. The final score of 9.95 placed him in fourth behind Soviet teammate Yang Yueshan, Tim Hong and Soviet winner Viktor. Zach Barten of Hungary does a full pommel and goes into a new position on the same routine, but does a routine. Girona's 9.85 and Viktor's 9.65, on the other hand, then came forward in that time area.

In the press conference immediately after the competition, Li Ning was asked how he felt about Yang Yueshan in finishing ahead of him in the high bar through an unexpected loss. In China there are many young athletes like Yang Yueshan and Li Ning who are champions who often.

(See page 28)



Aki Kurogi makes the "Space Garden" front somersault to the bar from "Space Garden" during 1993 U.S. All-Star finals in Deer Valley.



1994 McDonald's American Cup Men's Champion Peter Vidmar takes a couple of days to acclimate his muscles for what he received a \$100 for Vidmar successfully defended his 1994 McDonald's American Cup title on the floor (see below) (top) Vidmar dominated the women's vault during Tuesday's American Cup (bottom by the score of 10.50 to 10.55) (Vidmar's 4 Score Book)

1994 AMERICAN CUP

—MEN'S GYMNASTICS—

MARCH 17-1994

NEW YORK, N.Y.

INDIVIDUAL SCORES									
		PUN	HIGH	WINGS	VLT	V	H	BAR	TOTAL
1	LI NING	PRC	9.80	9.80	9.55	9.80	9.80	9.50	58.75
2	JAMES HARTUNG	USA	9.70	9.80	9.80	9.70	9.80	9.75	58.65
3	PETER VIDMAR	USA	9.80	9.55	9.75	9.80	9.80	9.80	58.50
4	MIKE CAYLOR	USA	9.75	9.80	9.80	9.75	9.70	9.55	58.25
5	MITSUAKI WATANABE	JPN	9.80	9.70	9.70	9.75	9.85	9.85	58.15
6	KUJI SUTOMURA	JPN	9.60	9.60	9.65	9.60	9.70	9.75	57.95
7	TANG YUEHANG	PRC	9.70	9.65	9.65	9.70	9.70	9.80	57.90
8	KARIMDO RABIEZ	CUB	9.65	9.60	9.55	9.60	9.50	9.60	57.45
9	SHUJI HORIKI	HUN	9.65	9.75	9.65	9.65	9.65	9.55	56.95
10	ALLAN BIRDSON	CAN	9.55	9.50	9.50	9.60	9.60	9.50	56.25
11	STEFANO SUPANOVIC	BUL	9.45	9.75	9.75	9.60	9.60	9.60	56.25
12	LAURENT BARBELE	FRG	9.70	9.60	9.65	9.55	9.65	9.60	56.25
13	FRANCO DOMATTE	HUN	9.75	9.10	9.60	9.50	9.60	9.65	55.80
14	SHILAN KALLA	ROM	9.60	9.70	9.60	9.50	9.10	9.65	55.75
15	DANIEL STOKLER	PRC	9.60	9.60	9.60	9.50	9.60	9.60	56.15
16	DANIEL STOKLER	ITA	9.65	9.75	9.65	9.60	9.50	9.65	56.05
17	BRUNO CABELLI	ITA	9.75	9.75	9.65	9.50	9.15	9.60	56.00
18	BRIAN HENRY	GBL	9.65	9.70	9.75	9.55	9.60	9.65	56.00

—WOMEN'S GYMNASTICS—

MARCH 17-1994

NEW YORK, N.Y.

INDIVIDUAL SCORES									
		V	H	B	BR	F	H	BAR	TOTAL
1	MARY LOU BUTTON	USA	9.85	9.90	9.75	10.00	9.80	9.80	59.10
2	JULIANNE MCMANAMA	USA	9.75	10.00	9.75	9.90	9.80	9.80	58.90
3	LARISA CUTINA	ROM	9.60	9.60	9.60	9.70	9.60	9.60	56.70
4	HANA BICNA	TCH	9.70	9.65	9.75	9.75	9.65	9.65	56.95
5	KATHY JOHNSON	USA	9.60	9.60	9.50	9.65	9.60	9.60	56.15
6	ELKE HEINT	FRG	9.75	9.70	9.60	9.60	9.60	9.60	56.05
7	SILVA TOPALOVA	BUL	9.65	9.65	9.15	9.55	9.60	9.60	55.60
8	DIANNE DELBACH	USA	9.75	9.60	9.65	9.70	9.60	9.60	57.70
9	ELIZABETH GALLA	ROM	9.60	9.75	9.10	9.60	9.60	9.60	57.65
10	MARTINA PILICQOVA	TCH	9.15	9.60	9.60	9.65	9.60	9.60	57.60
11	MARCO MARCHI	JPN	9.50	9.65	9.60	9.60	9.60	9.60	57.25
12	ZIHOI QINQI	PRC	9.70	9.60	9.10	9.65	9.65	9.65	57.15
13	IRJANICA JAMURENA	BUL	9.60	9.60	9.10	9.60	9.60	9.60	57.10
14	KATHLIN FORDY	HUN	9.75	9.65	9.65	9.65	9.65	9.65	57.00
15	PATRICIA BILKOWE	ITA	9.60	9.60	9.15	9.60	9.60	9.60	56.65
16	WU WENLI	PRC	9.75	9.65	9.15	9.65	9.65	9.65	56.40
17	JUDITH MAGURE	BUL	9.60	9.60	9.60	9.60	9.60	9.60	56.20
18	ANDREA THOMAS	ROM	9.60	9.60	9.60	9.60	9.60	9.60	56.00

—MEN'S GYMNASTICS—

FINALS 3/18/94

NEW YORK, N.Y.

INDIVIDUAL SCORES									
		PUN	HIGH	WINGS	VLT	V	H	BAR	TOTAL
1	PETER VIDMAR	USA	9.80	10.00	9.80	9.85	9.80	9.75	59.20
2	JAMES HARTUNG	USA	9.80	9.85	9.85	9.75	9.80	9.85	59.00
3	TANG YUEHANG	PRC	9.80	9.60	9.70	9.80	9.70	9.80	58.70
4	LI NING	PRC	9.70	9.85	9.80	9.85	9.50	9.80	58.50
5	MITSUAKI WATANABE	JPN	9.75	9.70	9.65	9.65	9.75	9.80	58.30
6	SHUJI HORIKI	HUN	9.65	9.65	9.60	9.75	9.65	9.80	58.00
7	KUJI SUTOMURA	JPN	9.50	9.70	9.75	9.70	9.60	9.65	57.60
8	KARIMDO RABIEZ	CUB	9.70	9.75	9.65	9.60	9.70	9.55	56.95

—WOMEN'S GYMNASTICS—

FINALS 3/18/94

NEW YORK, N.Y.

INDIVIDUAL SCORES									
		V	H	B	BR	F	H	BAR	TOTAL
1	MARY LOU BUTTON	USA	10.00	9.95	9.80	9.75	9.80	9.80	59.30
2	LARISA CUTINA	ROM	9.65	9.75	9.65	9.60	9.60	9.60	56.95
3	JULIANNE MCMANAMA	USA	9.60	10.00	9.70	9.75	9.80	9.80	58.85
4	ELIZABETH GALLA	ROM	9.75	9.70	9.60	9.60	9.60	9.60	56.25
5	SILVA TOPALOVA	BUL	9.60	9.75	9.70	9.60	9.60	9.60	56.25
6	ELKE HEINT	FRG	9.65	9.60	9.60	9.60	9.60	9.60	56.05
7	HANA BICNA	TCH	9.60	9.60	9.60	9.60	9.60	9.60	57.00
8	MARTINA PILICQOVA	TCH	9.20	9.60	9.65	9.60	9.60	9.60	57.05

1994 AMERICAN CUP

USA's Mary Lou Retton



In USGF American Classic

Retton Shines Over San Francisco

By Bob Ridd

California State University—Hayward was the site for the American Classic—the first step on the road to Los Angeles for 48 of America's top Olympic hopefuls. From this competition 12 senior women qualified for the McDonald Championships of the USA based upon their adjusted compulsory and optional scores. (Anyets World Championship competitors who have been granted automatic entry to the Championships were not included among the top 12 qualifiers.)

The American Classic represents the first of two opportunities from which a gymnast can qualify to the Championships to be held May 13-15 in Chicago. The next qualifying meet, the U.S.A. Classic will be held April 12-14 in Niagara Falls, New York.

FINALS VAULT

In close by herself, Mary Lou Retton clearly outdistanced the field. Her piked double front exploded off the horse coming her 9.75. Her full twisting Tsukahara, although partially tucked and not so high as the preceding day's, still received a 9.7. The gymnastics world has rarely if ever before seen such a powerful vault.

Finishing in second, Tracee Talavera's roundoff (on to the board) flip flop layout back showed an excellent straight body position on the layout and scored 9.55. It was a welcome sight to see a straight body layout body position coming off the horse after so many girls throughout the meet attempted layout Tsukaharas with less than straight bodies. Talavera's second vault, a rack double front half twist scored 9.45.

Yolanda Morry of NAAU used a Kasamatsu (9.60) and a layout Tsukahara (9.20) to capture third place.

The junior girls proved to be a tough bunch of realists. They may have been tiny, but they are doing double fronts. Most had a strong second vault as well. Kelly Johnson of the Texas Academy held on to first place with her double front (9.45) and a full twisting Tsukahara (9.60).

FLOOR

Once again putting her act on front to win her third event, Retton was unbeatable. No one tumbles like Mary Lou. Mounting layout double back and twisting a full-on back out in her second pass, Retton was unbeatable scoring 9.80.

Kelly Johnson's 9.40 kept her in second place. She stood up a good pike double back mount and displayed her usual style for which she is internationally renowned.

Finishing in third place and scoring 9.55, Michelle Dussone mounted with a good triple twist. Her triple was one of many attempted but one of the few (if not the only one) well executed. Most of the girls underperformed their triples.

Talavera, narrowly edged out of third place, tumbled strong using a pike double back, rack double back, double twist and a 180 twisting front roll.

Although none of the junior finalists earned good double backs, their twisting mechanics were not as strong. Mary Marlowe of Rocky Mountain Gymnastics maintained her lead from optionals scoring another 9.45. Her routine consisted with

a well executed full-on back out, included a double twist and dismounted rack double.

UNIFORM PARALLEL BARS

Mary Lou Retton came into her final on the leader followed closely by five other finalists each separated by less than .15. A good routine from any one could have won the event. All the girls are outstanding on bars.

Retton attacked bars in her usual fashion to achieve the highest score (9.60) and win the event. She moved aggressively throughout the routine while showing tremendous amplitude on her back uprise from flip to sitting position on the high bar, giant into reverse back and toe on pike from dismount.

Finishing in second place, Yolanda Morry led a clean set scoring 9.5. She performed good back stinders and successfully executed a round off back dismount.

Kelly Johnson received a 9.45 placing third with a routine that used a low bar back dismount reverse back to catch the high bar in a round off and a back with half twist round.

Fourth place finisher Lisa Whitner (9.40) was particularly notable for her good form and style. Fifth place finisher Michelle Dussone (9.25) displays originality with the following combination: giant, Higgins roll, jagger front flip round. She also demonstrates a side front flip with a half twist.

The junior girls did not fare as well on bars as they did on the other events. This may have been due in part to their having them their first event. Additionally, their physical strength may not have been adequate for the difficulty level attempted. Nonetheless, Tracy Baker, the all-around winner from Parkettes duplicated her optional score of 9.7 while most of the other girls' scores dropped dramatically. Baker completed a nice set and dismounted with a high swing pike double back flip over.

BALANCE BEAM

A solid 9.65 routine by Tracee Talavera kept her out in front breaking Retton's stronghold on the gold. Talavera mounts roundoff (on to front board) flip flop on to the beam. Her tricks include the Talavera flip, an aerial cartwheel, pike back and a roundoff back double back dismount. Besides good tricks she works with confidence appearing very much at home up on the beam.

Although finishing third on the final placing, Gymnastics of Oklahoma's Kelly Garrison's 9.7 was the afternoon's highest beam score. Like Talavera she uses a roundoff on to the front board, but instead does a rack back mount—much risk! Her tricks include flip flops into rack back, half twist into a back walkover, cartwheel back layout step out, a double turn, aerial cartwheel, an original shoulder roll combination into roundoff double twist dismount. Her leaps, poses and style were as impressive as her list of skills.

A clean routine by Tracy Butler of Parkettes scoring 9.60 brought her up to second place. Butler demonstrated good handstand and pommel control, extreme back flexibility and an excellent double twist dismount.

The junior girls were strong performers on beam. Mary Geyer of the Reno Girls coming into final with a healthy lead being on to first place with a captivating routine mixing strong dance fundamentals with good tumbling. She scored 9.45.

March/April 1984

1984 AMERICAN CLASSIC
HAYWARD, CALIFORNIA
MARCH 2, 3, 4,
OFFICIAL

ELITE									
NAME	TEAM NAME	AGE	Vault	Bars	Beam	Floor	All-Around		
1 MARY LOU BITTON	KARDAVE'S GYMNASIUM	16:00:00	19.74 1	18.74 1	18.72 1	19.20 1	76.40 1		
2 KATY JOHNSON	SCATS	16:00:00	19.14 5	18.94 4	18.09 2	19.00 2	74.65 2		
3 BILLY WISNER	SCATS	16:00:00	18.95 5	18.64 4	17.92 10	18.66 4	74.20 3		
4 MICHELLE CHASSERLE	SCATS	16:00:00	18.75 10	18.68 2	18.06 9	18.64 5	73.98 4		
5 TRACEE TALAMONA	CHILDRN GATE	16:00:00	19.12 5	17.00 17	19.08 1	18.96 6	74.09 4		
6 TRACY MITCHEL	PARADISE	16:00:00	18.94 10	18.32 5	18.52 4	19.51 7	74.60 6		
7 LISA WITTBERG	TEXAS ACADEMY	16:00:00	19.14 2	18.93 6	17.06 12	18.22 12	74.12 7		
8 YOLANDA MAATY	NATIONAL ACADEMY	16:00:00	19.14 2	18.75 5	17.08 12	18.20 15	74.08 8		
9 KELLY CAMPBELL	GYMNASIUM OKLAHOMA	16:00:00	18.08 15	18.04 11	18.43 7	19.28 10	73.62 9		
10 TANYA SMITH	PURELITES	16:00:00	18.01 17	18.48 7	16.88 19	18.48 8	72.64 10		
11 KATY BAUMANN	ALMADEN VALLEY GYM	16:00:00	19.01 7	18.14 10	17.56 13	17.70 13	72.40 11		
12 TRINA TINTI	USLA	16:00:00	18.62 16	18.32 6	17.04 16	18.65 17	72.22 12		
13 MICHELLE GUNTERIN	PEAKS ACADEMY	16:00:00	18.44 24	17.48 20	17.62 17	18.61 9	72.16 13		
14 KERRY HAYNE	KARDAVE'S GYMNASIUM	16:00:00	19.05 5	17.63 14	17.79 15	17.51 19	72.02 14		

Michelle Danvers (Below) had a good American Classic meet. From left to right during her balance beam routine: (USAG photo © 1984 Dave Black)



Lisa Wittberg showed strong form and good routine control to her seventh place finish. (USAG photo © 1984 Dave Black)



ELITE									
NAME	TEAM NAME	AGE	Test	Vault	Bars	Beam	Floor	Total	All-Around
TERCY CALDER	PARADISE	JUNIOR	8:01 5 T	9:50 T T	9:40 1	9:25 2	8:05 18	36:70 1	44:58 1
MIKEY MARLEWKE	BUCKY MOUNTAIN GYM	JUNIOR	8:15 4	9:31 1 T	8:70 14	8:40 17	9:45 1	36:23 2	43:32 2
MARY GUYER	RAVENS HILLS	JUNIOR	8:04 5 T	8:35 10	8:40 10	9:30 5 T	9:05 5 T	36:05 3	43:00 3
SHERRY JOHNSON	TEXAS ACADEMY	JUNIOR	7:23 14	9:30 1 T	9:15 4	8:70 23	9:00 5	36:24 2 T	43:48 4
SENE SILVERMAN	MARATHONS GYMNASIUM	JUNIOR	8:14 1	8:41 24	8:55 19	9:20 5 T	8:45 21	34:60 18	43:14 5
KAREN DALTON	ALMADEN VALLEY GYM	JUNIOR	7:20 16	9:00 T T	8:75 22	9:05 7 T	9:05 6 T	35:65 5 T	43:00 6
HEATHER VONKAPICH	LYNN DANCERS	JUNIOR	8:19 2	8:55 22	8:40 24	8:70 23	9:05 6 T	34:50 25	42:05 7
HEIDI BEARDY	STEVE WHITEHEAD SCHOOL	JUNIOR	7:14 12	8:05 11	8:05 8 T	8:40 14	8:05 17	35:25 8	42:50 8
KATHRINE KELLER	QUEEN CITY GYMNASIUM	JUNIOR	7:40 10	8:70 17	8:40 18	8:40 17	8:05 17	35:05 9 T	42:25 9
SARINA HAY	SCATS	JUNIOR	7:09 8	9:00 5 T	7:00 10	8:05 7 4	8:75 17	34:70 15	42:40 10
DEE DEE FOSTER	PAVIA FOUNDERS	JUNIOR	5:57 54	9:01 5 T	8:05 6 T	8:40 13	9:25 2	35:14 4	43:07 11
KIMBER PHILLIPS	GYMNASIUM	JUNIOR	7:08 17	8:55 10	8:10 26	9:20 5 T	9:30 4 T	44:05 12	42:01 12

Washington's forests were highlighted with more than 100,000 Christmas trees sold last year. The season's "White Christmas" was 1994's 13th annual American Christmas Tree Festival, May 4th 100,000 of the 144- to 144-1/2" trees were sold.

It takes up to 10 years to grow a tree in the northlands. There are no forests and no forest thinners in the south though the forest off on the border close to southern... can be made to look like those in the south, but it is not the same. The same amount of light and the same soil in both. But, the south is not a forest.

In the overall analysis, patients have more than performed satisfactorily. Patients and spouses agree 99% with each other.

Johnnie follow, but only a 1000. Temperature. Mary lost and powered the 1000 on balance power. Johnnie had a wheel in motion and the steady pump. A full recovery for 10.30. Shopping for her third place. On floor, 10 minutes. Laura Carina and her young, convenient Pigeon Carina had been working with with 1000. Their completion for difficult working and power. Their machines. Mary had only found a hard time on floor on her second pass. Full on, Mary and Johnnie had a break on her last pass. On floor, only full where she went out of bounds. On floor on 10.30. Mary and Johnnie.

Under the circumstances, it is not surprising that I did not take the time to read the book and the opinion of the editor is different than the book's. However, the book is well written and the editor is a well known author, James H. Jones, who has written a number of books on the subject of religious movements. The book is a good read and I would recommend it to anyone who is interested in the subject. The book is a good read and I would recommend it to anyone who is interested in the subject. The book is a good read and I would recommend it to anyone who is interested in the subject.

If the PMA, McDonald's American Cup is so prestigious as Mr. Karolyi says and if we continue to back and perform with the strength and consistency we are showing now, I think Mr. Garofalo and Mr. Peters will agree that the goal of gold at the end of the competitive season is not out of the question.

How Advantageous Is a Case Study for the MSU?

Keywords: *depression, anxiety, self-esteem, self-efficacy, self-compassion, self-kindness, self-compassion meditation, self-compassion training, self-compassion practice, self-compassion exercises, self-compassion techniques, self-compassion interventions, self-compassion programs, self-compassion apps, self-compassion books, self-compassion courses, self-compassion workshops, self-compassion retreats, self-compassion groups, self-compassion community, self-compassion support, self-compassion resources, self-compassion tools, self-compassion guides, self-compassion manuals, self-compassion worksheets, self-compassion handouts, self-compassion audio, self-compassion video, self-compassion podcast, self-compassion blog, self-compassion newsletter, self-compassion social media, self-compassion website, self-compassion app, self-compassion book, self-compassion course, self-compassion workshop, self-compassion retreat, self-compassion group, self-compassion community, self-compassion support, self-compassion resources, self-compassion tools, self-compassion guides, self-compassion manuals, self-compassion worksheets, self-compassion handouts, self-compassion audio, self-compassion video, self-compassion podcast, self-compassion blog, self-compassion newsletter, self-compassion social media, self-compassion website*

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REACH OUT FOR GLORY IN '84

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PHOTOGRAPH BY JEFFREY M. HARRIS

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ATLANTA, WASHINGTON, NEWPARK, PORT WORTH, DALLAS.

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USGF 1984 CONGRESS

September 20-23, 1984

Indiana Convention Center
and Hoosier Dome

Tentative Schedule

September 18, 1984

Business Management and Opportunity
Seminar (BMOs)

Registration 8:00 am
Seminar 8:30 am- 6:00 pm

September 19, 1984

BMOs 8:30 am- 6:00 pm
United States Gymnastics Federation (USGF) —
American College of Sports Medicine (ACSM)
Sports Medicine in Gymnastics

Registration 8:30 am
Session 9:00 am- 5:30 pm
American Coaching Effectiveness Program
(ACEP)

Registration 7:00 pm
Seminar 7:30 pm-10:00 pm

September 20, 1984

ACEP Seminar 9:00 am- 5:00 pm
General Congress Registration

General Assembly 1:00 pm- 6:00 pm
7:00 pm- 8:30 pm

September 21, 1984

Congress Meetings 9:00 am- 5:30 pm
Tour of Champions 7:30 pm
at Market Square Arena

September 22, 1984

Congress Meetings & Registration 9:00 am- 6:00 pm
Reception 7:00 pm
Banquet—Convention Center 8:00 pm-10:00 pm
USGF Amateur Talent Contest 10:00 pm-11:00 pm

September 23, 1984

Congress Meetings 9:00 am- 3:00 pm
**Schedule is Tentative

In addition, on Friday evening, September 21, 1984, 7:30 p.m., at Market Square Arena, the USGF will host the McDonald's Tour of Champions, an international exhibition of the 94 Gymnastics Olympians and medal winners. The athletes will perform two routines, one being the apparatus and routine that they won a medal for. It will be an exciting opportunity for all to learn from the best.

REGISTRATION FORM

Name _____ Date _____

Address _____

City _____ State _____ Zip _____

Phone _____

Registration fee: Check appropriate box(es)

☐ USGF ACSM ☐ ACEP ☐ USGF Congress

Seminar Sept. 19, 1984 Seminar Sept. 19-20, 1984 Seminar Sept. 20-23, 1984

Call (800) 628-0979 for registration for the BMOs on September 18, 1984

Total Amount Enclosed _____

Please check appropriate box:

☐ Coach ☐ Judge ☐ Club Owner ☐ USGF Member ☐ Other

Congress Fee: \$50.00 per
person

Seminars prior to Congress are
additional fees and listed below.

USGF-ACSM \$35.00/person

ACEP \$35.00/person

Please return registration form and fee to
USGF Congress
881 W. Washington Street
Merchandise Plaza 1144E
Indianapolis, Indiana 46204
(317) 636-8743

The USGF asks "Where's the Meet?"

Amateur Talent Contest

\$1,000 Cash Prize

- All entries must be submitted in the form of a written description, photos may be included, by June 15, 1984, (in 150 words or less).
- Entries must be limited to 12 people or less.
- Entries are limited to a five (5) minute presentation.
- Entries must be able to fit in an area of 20' x 15'.
- Once entries have been received they will be reviewed by the Board of Contest Reviewers and ten (10) finalists will be notified by July 20, 1984; to present their entry at Congress.
- Contest finalists must be registered for Congress.
- Winner will be determined by audience applause.

All participants are asked to use discretion and good taste in preparing the entry.

For more information, contact the USGF office, 101 W. Washington Street, Suite 1144E Indianapolis, IN 46204 Phone, 317-638-8743.

*Check the "USGF Office News" section of this issue (March/April) for Congress Update and further explanations of activities.

Hotel Accommodations:

1. Atkinson Hotel
Illinois at Georgia
Indianapolis, IN 46204
(317) 639-5611
\$38.00-\$62.00
2. Hyatt Regency
101 W. Washington
Indianapolis, IN 46204
(317) 632-1234
\$68.00
3. The Indianapolis Hilton
Meridian & Ohio
Indianapolis, IN 46204
(317) 635-2000
\$42.00-\$60.00
4. Howard Johnson—Headquarters
Hotel
501 W. Washington St.
Indianapolis, IN 46204
(317) 635-4443
\$35.00-\$42.00

**For Air Travel Arrangements
Call USGF Travel Service
1-800-243-3180**

Your Congress registration includes:

Admission to meetings and Exhibit Hall
Ticket to Tour of Champions
Admission to Pre-Banquet Reception
Ticket to Banquet
Eligibility for amateur talent contest

The USGF Congress this year will feature the best gymnastics program ever. Special Seminars prior to Congress will include:

- Business Management & Opportunity Seminar
September 18-19, 1984
- American College of Sports Medicine (ACSM)—United States Gymnastics Federation (USGF) Sports Medicine in Gymnastics
September 19, 1984
- American Coaching Effectiveness Program (ACEP)
Level 1, September 19-20, 1984

See Tentative Schedule for times.

*For Business Management & Opportunity Seminar Registration, call (609) 428-0979, or write: PM108, Box 838 Cherry Hill, NJ 08003.

USGF, NISSAN Bring Gymnastics Enjoyment To Thousands

The USGF and the Nissan Motor Company of the USA, are in their second year of gymnastics promotions at the various auto shows around the USA. The USGF is grateful to the Nissan Company for providing an opportunity to enlighten large audiences at the variety of auto shows to the many aspects and enjoyments of the sport of gymnastics. Each and every show is attended by large crowds of people of all ages. The gymnastics demonstration appears to be a great hit for the many young people that attend these auto shows.

Hundreds of thousands of people have had the opportunity to enjoy gymnastics in person with the help of many of our national team members and variety of highly cooperative and energetic private clubs. The sport of gymnastics has shown, in these shows, its unique ability among amateur sports to draw popularity and have the ability to put on entertaining performances without competitors. The USGF/Nissan demonstration shows should prove to be the forerunner of many such entertainment opportunities for gymnastics.



By joining local gymnastics clubs featured in the car shows, Nissan and the USGF get the word out to thousands of people all over the country. (Above) Premier Chrysler-Pontiac Auto Customer, along with National Team Member Brian Subock, go through the show with a local gymnastics club. Team members take the time to the place before go through routines for the larger audience. (USGF photo © 1984 USGF Inc.)



Juniors Pass Olympic Testing At The Springs

By Michael R. Beatty

One of the most exciting events in boys' gymnastics besides the National Championships each year is the Jr. Olympics. Testing every December to determine the top Jr. Gymnasts in the United States.

There was a flow of energy as the best gymnasts in the country with their coaches arrived at the Olympic Training Center in Colorado Springs. Each gymnast through their hard work and dedication hoped to gain berth in one of the most prestigious positions a young gymnast could be chosen for... a member of the United States Junior Olympic Team.

This event tested the TOTAL gymnast by evaluating their potential, skill level, and competition performance. Each boy that participated should be very proud. It is an honor just to qualify for the National Testing. The following boys were selected to the 1984 Junior Olympic Team:

Elite

Tygun Michayen
17-18
Mike Epperson
Kevin Davis
Chuck Gerardo
Steven Butler
Brian Glasberg
Er Rodriguez
Mike McCabe
Steve Bajaja

15-16

Curtis Holdsworth
Bobby Shaker
Tama Greenwood
Bill Barham
Joel Tucker
Dorel Rodiles
Tom Vaughan
Chris Walker
Brad Bryan
15-14
Dominic Milosovic

Chancey Emphrey

Ricardo Cade
Ted Dimes
Scott Kowalek
Trent Dimes
Paul Baurle
14-12
Derek Kish
Javier Hino
JJ Ruffy
Matt Lander
Shawn Ashcraft



Mike Epperson (above) goes through his vault routine which he also will do at the USA Junior Olympics and the top gymnasts with 16.55 points. Epperson Michayen was second with 15.95 points. (Below) Team members from the USA and Japan during the Olympic Training Center Colorado Springs, Co. (DOR photo © 1984 Dave Clark)

These boys and the Junior Olympics Training Staff under the direction of Max Watanabe stayed at the Olympic Training Center for a week of testing. Watanabe introduced a strength concept that we experimented with during the work with our new National Team Members.

Watanabe discovered the Russians do their strength testing in the morning. The reason behind this concept seems to be that our body is at its maximum recuperation period mentally and physically in the morning. At this time the gymnast should be able to push harder and because the body is rested more at this time of the day than any other the number of repetitions or amount of time holding strength skills should increase thus making the gymnast stronger. A week is certainly not an efficient amount of time to prove the validity of this concept, but the results recorded and the response from the gymnasts were very positive.

The following seven boys were selected to represent the United States in a competition against a Junior Team from Japan that stayed with us during the week. Steve Bajaja, Mike Epperson, Chuck Gerardo, Tama Greenwood, Mike McCabe, Tygun Michayen, and Joel Tucker. They were coached by Mike Thomas and Dr. Robert McKelvie. Although we did not win, ... each each young man felt a personal victory as they set goals to reach their competition potential. It was a great demonstration of team work and spirit by seven young men.

	National			Paralith			
	Floor	Steele	Rings	Vault	Bars	High	Total
USA	46.70	44.85	43.90	47.30	45.15	47.00	270.90
JAPAN	47.60	47.95	47.20	47.65	47.95	47.30	284.25



MASTER OF THE GAME

(from page 29)

everybody, 10-10, it is not right. The problem is, the guy will go up easily and he will score that 10-0 and another guy comes up with a harder routine and better routine and they give him 10-0 and the guy's stuff was better and they are going to be late for first. Something has got to be changed. It definitely has to be revised or something."

Everything is happening so fast, you are moving fast, I guess I am wondering how are you feeling the pressure, how are you handling it?

"That's a very, good question."

Is that part of the maturity process too?

"Exactly, that's what it is. I mean moving the bar for some reason. I am feeling the pressure. I think more than I would if I went a little slower. I try not to think about it because if I do, it disrupts the training and my performance. The way to get around it for me is the most basic thing, that is to just train as hard as I can so that I will feel really confident when I get out there on the floor and then you won't even feel the pressure because you will be so confident of yourself that that stuff doesn't even come into your mind. The only way I know how to do that is by training extremely hard, so if you do that as the gym hopefully you won't feel that type of pressure. You can't become complacent either, the fact that I took first place at Championships last year, I think I have had a pretty successful year and I feel that I am starting to come into my own, but if I become complacent with that, I think I will just



(With another reach of his career to his brother Chuck, who, according to Gaydon: "is in there every day with me, every hour of the day and he is giving 100 percent just like I am.") (USA photo © Dave Jolley)

stagnate. I have to be hungry all the time and want to go out there and win. I am going to keep that in mind at all times."

Speaking of 1984, I guess this is the 10-day year. You have NCAA coming up real soon, next month, and the next month after that is the Championships of the USA, Olympic Trials and then the Games.

"It's going to come and fast."

I guess that puts you on a pretty tight schedule. Where are your priorities and are they fitting into a good schedule for you? You are going to have to peak four different times in four months. Is it mapped out?

"I am trying to map a out, but it's very hard. Right now, I am feeling a little mentally flagged because of the college season and I am working with Coach Marbock and trying to compete in as few meets as possible and just go into the NCAA, but unfortunately you can not really do that, you have got to help the team out and all of that. The main time to peak is the Olympics and I do have to peak at the Trials and at USA Championships, those are the two meets where I want to be in top form. For NCAA I want to be in good shape there, but there is no way that I am going to be able to peak at NCAA's like I want to peak at Championships, Trials and the Olympics. I don't want to say it's just a meet along the way, because it not. It means a lot to me and it means a lot to the UCLA team so I want to definitely be in good shape there. I think I will be."

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From the look of this year's competition record, it looks like this is the year for the UCLA team to break the Nebraska streak.

"We are undefeated so far this season, and if we don't do it this year, we are never going to do it, that's the way I look at it. I think the whole team wants a bad, like I was talking about the team being hungry. Well, we are. We want it. Five years at a row for Nebraska is just too many times, we want to bring the crown to the West Coast."

What do you think about the athletes who are competing in both NCAA and USGF International competitions? I realize that it is difficult because we are looking at two different seasons, but should they divide their loyalties or is there a way to complement both seasons?

"There is a way to complement both seasons and that's by training both your compulsory and optional for your USA meets during your NCAA season and using the NCAA meets as time-ups. You're not putting as many of them, with the exception of NCAAAs, and just use them as part of your training. It is a lot harder than it sounds because when you go into a competition you want to be mental up to it, you want to be peaked and all that, and you can't be, it changes the whole atmosphere of the competition and that's what I have been going through. Even when I came here, I almost forgot to shift my mental concentration."

"The way it looks right now is that most of our top members of the National Team are going to be out of college and I think it is better, I really do. I think that the less collegiate meets we have and the more focused we are on our big international meets, the better we are going to do as a team. It looks real good that way. I

would say, I don't want to mention names, but Tim Duggan and I are in college right now, and we're going to be out next year and there are a few other people in college that have a shot at the Olympic Team, but pretty much the whole team is going to be out and I think that is really good for us. I really do. We can concentrate just on international meets. That's what we really want to do anyway. USA gymnastics first, then collegiate, without a doubt."

That's interesting, that's a real tough one.

"I am not leaving collegiate gymnastics. I think it is an excellent place to develop your gymnastics, but once you hit a certain level I think that international gymnastics means way more to you than collegiate gymnastics. That's where I'm at."

That's a really good point. Collegiate gymnastics can be a vehicle for hundreds even thousands to develop their gymnastics and competitive experience, helping broaden the depth of the competition base for those athletes who choose to compete internationally.

"That's a good way to put it. I learned more in the first year of college than I have ever learned since I started gymnastics and I continue to learn. I think it is the atmosphere that you go into. You are in an atmosphere where there is a whole team of people who share the same goals and want to move fast."

You mentioned that next year most of the athletes are going to be out of school, that you and Tim will be out of school, does that mean that after 1984 there is going to be 1985?

"88 is in another four years, and that's a really long time away from now. It's only four years, but still, you can't

(see MASTER, page 36)

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definitely count me in for after '84, but I can't say I am committed for '88, that would be pretty unrealistic for me to say. What I will do, I will stay in this sport as long as I am improving at the rate that I want to improve at and as long as my body is holding up and I'm healthy. Another thing is the goals that I set for myself are really high and if I don't reach the goals in 1984, I am definitely not going to retire. I want to reach those goals before I retire. I have to feel that I have reached the top of my sport before I retire. That's just something that's in me and whatever that means maybe it means gold medals at the Olympics or maybe means at a World Cup competition, placing real high in the all around. I don't know what it is going to mean to me. I will just have to wait and see."

Questions about yesterday's competition. First of all, can you describe the Gaylord?

"It's a flying ball that goes over the top of the bar and catches the same type of way my other trick does. But I like it a lot better because I can see it more. What happened yesterday felt like a blur and it shouldn't have happened, that's why it was frustrating because I was at the right distance to catch, but my thumb hit the bar instead of my gap and that was frustrating to me because I put it in the right place."

It seemed like in warm-up you were having a little trouble with it and so we were surprised that you put it in. Did you know that the scores were as close as they were?

"Yeah, but I came into this competition with the idea



With Li Ning's score behind him, Gaylord's Russian did not seem too unlikely what he needs, as the best in the world. (USOP photo © 1984 Don Black)

that Li Ning was the man to beat. This is very honest, and I felt that the only way to beat that guy was to throw everything I have and that's what I set out to do and I took that risk. I felt that it was worth it to me. I didn't want to come here and take third or fourth or whatever. I wanted to go out there and challenge. Li Ning and that's what I set out to do. I took the risk. So I'm not, I mean I am disappointed that I'm not in today's competition, but I feel good about the fact that I did it and that I was leading half way through the first and that felt good."

When it's all said and done, and the history books have Mitch Gaylord in them, how do you want it to read, what do you want to be remembered as?

"I want to be remembered as an innovator, for the person who went out there to help USA gymnasts get up to the level of the Russians and Chinese. I want to be the one remembered for taking the chances just because I felt that that's what we needed to do. But I also want to be remembered as a team player because that is a main goal of mine is to get this country up into the third place area this year and then keep moving upwards because I think we have a great sport. I think that it would be just fantastic if the little boys growing up would get into gymnastics instead of the other major sports. I think it's a great sport."

How does this competition forecast your chances for a medal for next summer? How about as a team?

"I think we have Li Ning here. He is the main man. That's the guy that I look up to. Li Ning, he is the main guy. I don't think anyone is as good as him, anyone has the talent that he has. When he is on I don't think he is beatable. That's the main plot of this competition. It is unfortunate that the Soviets are not here because they would have been a lot better."

"It looks really good for a bronze team medal. We each have to do our individual part. We all have to do that. When we get there in 1984, it has to be a team effort. We did do that in Budapest so we were all pleased with that. We really pulled together and didn't have people going out there for individual things but it just didn't happen. I think it is really so happen in '84. I really do."

We have got our best chance.

"Definitely."

I found my discussion with Mitch tremendously enlightening and enjoyable. I thought it was interesting to note that he mentioned "goals" 10 times throughout our discussion, and that the goals were not necessarily linked with honors or awards but rather with reaching his own standards of excellence and developing his potential to the maximum. He is highly self motivated and intensely committed to making a mark on the growth and development of the sport of gymnastics in the United States.

A final note —

At the conclusion of the McDonald's American Cup, during the press conference, Li Ning was questioned about what he learned from the competition here in New York. He answered (through an interpreter) that first we would want to be in better physical shape for competitions — the United States competitors. Walter Horning and Gaylord were in much better competition shape than he was at this time, and secondly that he was very impressed with Mitch Gaylord's innovation in his gymnastics moves, moving high bar and he thought that was very important.

Mitch, I think Li Ning sees your goal and raises you one challenge. Good luck to you as you gather those cards for the Summer's Games.

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ELIGIBILITY

The executive committee of the Board of Directors of the United States Gymnastics Federation has authorized the creation of a new Eligibility Code. Following is a copy of that Code in its entirety.

The USGF Eligibility Code is effective at this time. Any revisions will be communicated through USA Gymnastics. The Code is designed to provide this country's gymnasts with the maximum opportunities to receive assistance to help defray the rising costs of training and competition while at the same time being consistent with the rules established by the International Gymnastics Federation and the International Olympic Committee. By so doing, the Code also responds to the increasing problem of unregulated and unaffiliated commercial exploitation of the sport of gymnastics and the athletes participating in that sport. Because of the significance of this document, the importance of maintaining the eligibility of our athletes in this Olympic year and the highly commercial nature of the Olympic Games, the gymnastics community is encouraged to take the time to read carefully this Code.

USGF eligibility rules do not and cannot address matters related to NCAA or other similar scholastic eligibility codes. All gymnasts desiring to protect their NCAA eligibility are urged to consult the NCAA Manual or to call the NCAA, wherever they are in doubt concerning whether an activity or event will jeopardize their NCAA eligibility. Please direct questions relating to USGF eligibility to the USGF Executive Office.

February 1984

Eligibility Code of the United States Gymnastics Federation Preamble

The United States Gymnastics Federation ("USGF") is the sole national governing body for amateur gymnasts in the United States (16 USC § 701 et seq.). As such, the USGF is charged with the responsibility for (1) assisting gymnasts to prepare for and become eligible to compete in amateur athletic competition at all levels including national, international and Olympic competition and (2) affirming the eligibility of gymnasts to compete in such events. In fulfillment of that responsibility, the USGF adopts the following Eligibility Code:

The purpose of the Eligibility Code is to establish rules to be followed by any gymnast wishing to remain eligible to compete in events (conducts, sponsored, sanctioned or approved by the USGF. The Eligibility Code is also intended to reflect and be consistent with the eligibility rules established by the International Gymnastics Federation ("FIG"), the International Olympic Committee ("IOC") and the United States Olympic Committee ("USOC").

In compliance with the requirements of federal law the Eligibility Code, (1) is not more restrictive than the eligibility code of the FIG, and (2) recognizes that any amateur sports organization which conducts athletic competition, participation in which is restricted to a specific class of amateur athletes (such as high school students and college students) has exclusive jurisdiction over such competition. The gymnast is cautioned, therefore, that compliance with the rules of the Eligibility Code may not be relied upon to protect him or

her eligibility to compete in events sanctioned by organizations such as college and high school athletic associations. Questions regarding the eligibility standards of those organizations should be addressed directly to those organizations.

Rules and Guidelines

I. AMATEURISM

An amateur gymnast is one who trains and performs without searching for or accepting personal financial reward or material benefit in connection with his or her sports participation (FIG Rule of Eligibility 1.6 IOC Rule 26).

II. FINANCIAL AND MATERIAL BENEFITS

- No gymnast may take part in a sporting event for which he or she is paid immediately. (FIG Statutes, Art. 38)
- No gymnast may give authority to or allow a professional agent to represent the gymnast in negotiations regarding his or her participation in competition. No gymnast may give authority to or allow anyone to represent the gymnast in negotiations regarding receipt of money in exchange for participation in competition.
- No gymnast may accept, directly or indirectly, any money or other consideration for expenses or loss of earnings, except that during the preparation for gymnastics competition (conducted, sponsored, sanctioned or approved by the IOC, USOC, FIG or USGF, or the competition itself, a gymnast may receive the following types of financial and material benefits, provided each support is received through the USGF):
 - Board and lodging expenses.
 - Transportation expenses.
 - Sportswear and sports equipment.
 - Pocket money in an amount per day to be fixed by the USGF.
 - Expenses for medical treatment, physiotherapy, medical services and medicine.
 - Expenses for training facilities or instruction.
 - Premiums for insurance.
 - Educational expenses.
 - Compensation to cover financial loss resulting from a gymnast's absence from work or basic occupation in order to train for or participate in an event conducted, sponsored, sanctioned or approved by the IOC, USOC, FIG or USGF. A gymnast may not receive such "broken time payments" in an amount in excess of what the gymnast would otherwise receive from an employer during the same period. (FIG Statutes, Article 38, FIG Rule of Eligibility 1.7.)

- A gymnast may be an employee paid by a sports organization, including but not limited to employment as a counselor or instructor, provided any compensation received by the gymnast (1) is not in return for his or her athletic performance and (2) is not excessively out of proportion to the payment normally received for like work in that area of the country. (FIG Rule of Eligibility 1.2.6.)

III. SCHOLARSHIPS/DEVELOPMENT FUNDS

- A gymnast may accept scholarships (a) given to support his or her preparation for and participation in gymnastics competition approved or sanctioned by the USGF, or (b) granted on the basis of and fulfillment of scholastic obligations.

IV. AWARDS, GIFTS, UNIFORMS

- In any competition, event, a gymnast may not accept monetary prizes and any other prizes or awards received may not exceed the maximum value designated by the USGF. (FIG Statutes, Art. 30)
- A gymnast may receive uniforms, travel apparel and

accompanying items from the USGF, FRG, ROC, or USOC. Individuals, apparel and accessories donated to entrance in USGF events by sponsors are also allowable provided as they are presented to all entrants and carry personalized markings to specify the event. A garment may not contain any cash or award, gift or uniform issued from the USGF, FRG, ROC, USOC or competition sponsor.

V. ADVERTISING & PROMOTION

- A. A gymnast may not authorize any individual or organization to use the gymnast's person, name, likeness, picture, or sports performance in such a way that his or her position or reputation as a gymnast is used to advertise or promote any commercial service, activity or enterprise unless the USGF has entered into a contract for sponsorship or equipment making that individual or organization a USGF sponsor. A gymnast may enter into an agreement with a USGF sponsor for the use of a gymnast's person, name, likeness, picture or performance in advertising or promotion provided that agreement complies with the terms of the USGF Sponsorship Program. (FRG Rule of Eligibility 1.8 ROC Rule 1.9 Rule 26)
- B. A gymnast may permit his or her name, photograph or personal appearance to be used for news reports or in public relations, competition or exhibition conducted, sponsored, sanctioned or approved by the USGF, provided such use is not also directly associated with commercial advertising in connection with the USGF Sponsorship Program.

VI. DRUGS

- The use of any drugs appearing on the IOC list of prohibited drugs is strictly forbidden. Any gymnast who, at any competition conducted, sponsored, sanctioned or approved by the USGF: (1) refuses to submit to a medical examination designed to detect the use of such drugs, (2) refuses to sign a statement representing that he or she has not used such drugs or (3) uses such drugs shall be disqualified from competition pending an investigation by the USGF Eligibility Committee. (FRG Rule of Eligibility 1.8 ROC Rule 29)

VII. PROFESSIONALISM

- A. A gymnast may not be or have been a professional in any sport or have signed a contract for that purpose. (FRG Rule of Eligibility 1.8 ROC Rule 30)
- B. A gymnast may not be or have been a professional coach in any sport. (FRG Rule of Eligibility 1.8)
- C. A gymnast may not knowingly take part in a competition or other event with professional gymnasts. (FRG Statutes, Art. 91)

VIII. MEMBERSHIP

- A. A gymnast may not participate in any event conducted, sponsored, sanctioned or approved by the USGF in which he or she is a member in good standing with the USGF.
- B. A gymnast may not compete against any other gymnast he or she knows to be ineligible to compete under USGF rules.

IX. ELIGIBILITY COMMITTEE

- A. There shall be a Committee on Eligibility composed of the Executive Director of the USGF and an even number of additional members participating not less than 4 who shall be appointed by the Executive Director and approved by the Executive Committee of the Board of Directors. At least 1/4 of the members of this Committee on Eligibility shall be athlete representatives.
- B. The Committee on Eligibility shall be charged with the responsibility of:
 1. Overseeing compliance with the rules of eligibility as defined by ROC, USGF, FRG and USAG.
 2. Recommending to the Executive Committee of the Board of Directors of the USGF reversals of the Eligibility Code.
 3. Responding to inquiries from gymnasts or their

coaches, parents or representatives concerning the Eligibility Code.

4. Investigating alleged violations of the Eligibility Code and recommending to the Executive Committee sanctions to be imposed for violations of the Code.

X. ENFORCEMENT

- A. The Eligibility Committee shall act on any complaint alleging that a gymnast has violated the Eligibility Code provided the complaint (1) is sworn to, (2) is signed by the person or persons filing the complaint, and (3) alleges conduct which does in fact violate the Eligibility Code.
- B. Upon receipt of a complaint, the Eligibility Committee shall notify the named gymnast in writing by certified mail of the alleged violation and appoint one of its members to conduct an investigation of the underlying facts. That investigation shall at least include an interview (or attempted interview) with the gymnast, the person or persons filing the complaint, and other persons who may have direct knowledge of the alleged violation.
- C. A written summary of the investigation and the Committee member's conclusion as to whether there is reasonable cause to believe the alleged violation occurred will be sent to the gymnast and each member of the Eligibility Committee.
 1. In the event the Committee member concludes that reasonable cause does not exist, no further action will be taken on the complaint unless a majority of the membership of the Eligibility Committee vote to conduct further investigation.
 2. In the event the Committee member concludes that reasonable cause does exist, the gymnast will be asked to provide a written response to the complaint and the evidence as summarized in the Committee member's report. In addition the gymnast may request a hearing before the Eligibility Committee. No less than 10 days prior to his or her appearance before the Committee, the gymnast shall receive a written copy of the procedures to be followed during the hearing. Those procedures shall include the right to be represented by another person, witnesses and cross-examination, adverse witnesses.
- D. At the conclusion of its investigation the Eligibility Committee will prepare written findings of fact and, in instances where a violation is found, recommended sanctions in the form of reprimand, restriction of participation, probation, suspension or loss of eligibility.
- E. A determination by the Eligibility Committee that a gymnast has violated the Eligibility Code will be reviewed by the USGF Executive Committee. After review of all the evidence and in the case the Executive Committee may choose to affirm the Eligibility Committee's determination. If the Executive Committee affirms a finding of a violation, it may (1) reverse the Executive Director's imposed the sanction recommended by the Eligibility Committee or any other less severe sanction, or (2) request that the Eligibility Committee reconsider its recommended sanction.

XI. MISSTATEMENT

- A. An athlete declared ineligible by the USGF may apply for reinstatement to competitive status by filing a petition for reinstatement with the USGF Executive Committee. A petition for reinstatement (1) may not be filed within a year of the time a gymnast has first been declared ineligible and (2) must include a sworn statement of the circumstances supporting petition.
- B. A petition for reinstatement shall be referred by the Executive Committee to the Eligibility Committee for processing in a manner similar to the processing of complaints.



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USGF Demonstrates Appreciation To Tiger/Asics At Chicago Sports Show

The USGF and several of its National Team members were the guest performers at the largest sporting goods show in the nation... known as the National Sporting Goods Association Show held at McCormick Place in Chicago on January 18-22, 1984. To commemorate the fact that Asics Tiger is the official supplier to the USA National Team from which the 1984 Summer Olympic Gymnastics Team will be chosen, Asics Tiger relinquished about half of their total display at this important sporting goods show for gymnastics demonstrations.

Senior Men's National Team member Tom Beach did a terrific job of organizing this particular demonstration show and doing the emcee work for all performances. He was ably assisted with technical details by Nora Hated on the days that featured rhythmic gymnastics and by Bela Karolyi on Saturday when artistic gymnastics was featured. Tom was ably assisted by Mario McInchewie to demonstrate men's artistic gymnastics, while women's artistic gymnastics was demonstrated by the skills of Doreen Durham and Mary Lisa Kotton.



Rhythmic gymnasts Wendy Hilliard (left) and Uwele Watkins enter a late in evening performance at the Tiger/Asics display in Chicago. (USGF photo © 1984 Bob Ramsey)

The Chicago audience was treated to the demonstrations of rhythmic gymnastics by national team members Michelle Bernice, Wendy Hilliard and Uwele Watkins.

The President of Asics Tiger, Mr. Shoji Kitani, was a most gracious host and treated all members of the national team and members of the USGF staff to a banquet after a successful show. The USGF and its national team members were honored and pleased to have an opportunity to return to our most gracious competitive apparel supplier and demonstration to honor their involvement with the USA National Team.



The USGF appreciates all the benefits Tiger/Asics has bestowed to them. In the photo above (from the left) are Uwele Watkins, rhythmic gymnast; Wendy Hilliard, President Asics/Tiger USA; Mike Jacki, Executive Director USGF; Michelle Bernice, rhythmic gymnast; and Wendy Hilliard, rhythmic gymnast. (USGF photo © 1984 Bob Ramsey)

Gymnastics Remains Center of Galimore's Life

By Mike Botkin
USA Gymnastics Editor

Ron Galimore has a mixed past. He has gone from the emotional high of scoring the first perfect 10.0 in NCAA history and making the 1980 Olympic team down to the emotional low due to the boycott of the 1980 games due to political considerations. Through all of this he has maintained a steadfast attitude about life and the sport he loves.

Gymnastics is his life. The thing that worked for me is to have a positive mental attitude. Expanding on his philosophy, Galimore's theory sounds good for not only the young and old gymnast alike but for the everyday person. "For me, I needed to stay positive and throw off the things that were positive in my gymnastics. For men, you have six different events and every day you can't have an incredible workout on each event. Maybe you might have a great workout on three events and had on one or two. Well, I was the type of gymnast that would like to walk out of the gym and think about the good events, then think about why the others didn't go well so I could concentrate on them the next time in the gym and make my whole day better as well as my gymnastics."

"I feel like there are a lot of things daily that people go through where everything isn't going great. Every event that happens in life isn't going to be great, some things are going to pull you down and some things are going to get you up. You do what you can with what you have to work with and you live off the positive events, otherwise you have no real reason to wake up the next day and go back into the gym to try these other events."

Flipping back through the pages of gymnastics history, Galimore recalls, with a proud gleam in his eye, the circumstances surrounding his vault that forever etched his name in the record books. To set the scene a bit, the event was the college 1984 NCAA Gymnastics Championships. Peter Shields of Courtland State, walked just before Galimore, who was up last. Shields has a great vault and received the score of 9.9. To add to the pressure of the moment, the finals were being televised to national television audience.

Everyone in the stands knew that in order for me to win the event, I would need to score a 10.0 or a 9.95, which is not really that much difference. But I never thought about scoring a 10.0, or being the last competitor. I was really anxious to give an effort. I had had some really successful vaults leading into that meet and I had scored maybe one or two 10.0's in other competition.

"I wasn't thinking about if the vault was perfect or not. I was more or less concentrating on the technique of the vault. I was trying to use the energy and the buildup to put into a real positive attitude about the vault. I was thinking about just giving an all out effort and thinking through the whole thing," said Galimore.

It was time to set or so on. Down the mats he went, up and... "When I landed I felt like it was one of the best vaults I had done. I was happy, not only for the 10.0, but because I was put in a high pressure situation and I performed. I gave



Ron Galimore (above) has been involved with the USAG and NCAA during the career stages of his career. Galimore was a member of the 1980 U.S. Olympic Olympic Team and was also a National Team Member. (USAG photo © 1984 Mike Botkin)

the last 10.0 percent. I was a competitor at that point instead of letting the pressure situation psyche me out. When the judges did throw the 10.0, it was a real glorifying experience. It motivated me and picked up my spirit after making the Olympic team and not having the chance to compete. It gave me a very good feeling. I guess you could call it an accomplished feeling. I had also accomplished something I had always wanted to do, leave something to be remembered by. I left something with all these people who had a chance to see it, the energy and excitement. It all makes me feel good inside," said the Tallahassee, Florida native.

But not all of Galimore's gymnastics career has ended on such a sunny note. It could be called the "Flight of the Lost Olympians," or "The Birth of a Trivial Question."

During the time of the President Jimmy Carter's administration's choice to boycott the 1980 Olympics in Moscow, it was a very important move to come out and criticize. To speak out and say that the Olympics Games should be about political reproach. So America, along with 17 other countries, stayed home and took in the baseball games instead of the summer games. Galimore was one of those "Lost Olympians."

A typical athlete who worked 12 years to reach his goal of making the Olympic gymnastics team—something only six male gymnasts every four years gets the chance to do. Then his moment in the sun was taken away, dashed out like a weak drawing in the sand. Now, four years later, Galbreath is still very deeply touched by the government's decision and is now free to speak.

"When you're young and you're training for something like the Olympics, you don't let a lot of things distract you. All I concentrated on for 12 years of my life was making the Olympic team. I put everything else aside. I didn't go to the high school functions. It was just one direction and there I was. It all happened so fast. The '80 year came around and before I had time to realize what had happened, I was on the Olympic team. In fact, I didn't stop to think about it until after I landed my last event, which was high bar."

So Galbreath had made the Olympic team. This was a move that was not only for himself, but as the current Iowa State assistant gymnastics coach said, "for my family. The sacrifices I had made, as well as my family, made me want to succeed. My father died when I was seven and my mother was left with two other children. My mother pushed me and aided me in a way that made me want to make the team for her to make her feel all she had done was not in vain."

Beyond making the Olympic team, Galbreath accomplished another feat that puts him in the record books. He became the first black gymnast on the team. "I've never really thought about being the first black gymnast to be on the Olympic team, that never dawned on me once until I made the team and someone came up to me and said, 'Hey, you're the first black gymnast ever to be on an Olympic team.' And my reaction was, 'Oh, wow, really!'"

"But to think of it from the standpoint that it happened in this day and age, to be the first black to ever accomplish something like that, having the chance to compete in the Olympic Games could have made my life so much easier. Maybe by doing endorsements, sponsorships, color commentary for television. I feel like some of those things are still possible, but I will have to work harder at them now."

It is understandable the frustration a world-class athlete must suffer through after receiving such a blow to not only his competitive career, but his post-competitive plans.

"It's not enough just making the Olympic team. Because you didn't have the chance to compete and perhaps win a medal, it hurt. The biggest hurt really had and I could, even at this point after trying to think about all this, still justify it a little bit of it had served a purpose. But it really didn't. Because a month later a scan was sent to the World Championships in Moscow. That's devastating."

After the devastating experience with the 1980 Olympics, Galbreath went on to bigger and better things, keeping in mind all along, his one basic job in life: To do gymnastics.

"The pro tour I enjoyed. All I really wanted to do was gymnastics and to perform. So when I could perform and get paid for it, I started juggling because it was the best of both worlds. Getting paid for what I love to do," said the one-time speech major.

Gymnastics to Galbreath has been a love affair from the beginning. "I think the sport got me to where I am today," he said. "It has helped me grow in ways that I may have never grown. One aspect that sticks out in my mind is when I fell home for my first year in college at Louisiana State University. I loved to compete, but I hated classes. I came out of high school with very poor study habits. But because of my yearning to compete, I learned how to study because I had to stay eligible. So when I came out of college five years later (Galbreath transferred to Iowa State University after his sophomore year at LSU) I had good study habits and a college education."

"The travel and the places gymnasts has taken me, I know I would never had gotten the opportunity to see if it weren't for the sport. The different parts of the world enlightened me to the various ways of life, the different ways of thinking and living."

There is a lesson to be learned from the life of Ron Galbreath. All his hard work did pay off because now he is using his college degree and gymnastics knowledge as an exercise for the Nissan Auto shows where they revive gymnasts from local clubs to come, and be a part of the demonstration team. "I love my membership with Nissan and the auto shows. I enjoy it and it is the type of thing I want to do it's in my blood."

Editor's Note: Ron Galbreath is currently using his gymnastics knowledge as an assistant coach at his alma mater, Iowa State University. He was a former Olympic team member and an NCAA champion.



During his competitive years, as shown above, Galbreath was a strong competitor on the rings. The result was not his only fine (1982 photo by Dave Mack)

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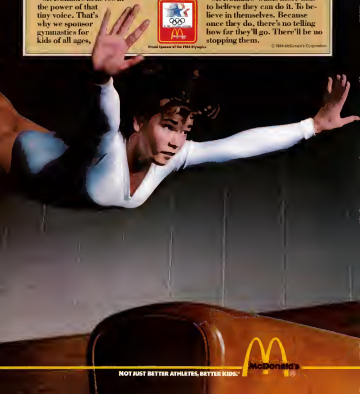
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